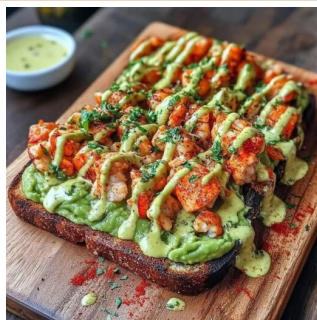


Creamy Avocado Meets Sweet Lobster on Golden Toast-This Is Luxury You Can Make at Home

Some meals just feel like a treat-and this



OVEN
375°F

TIME
20 min

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INGREDIENTS

2 slices sourdough bread (or your favorite crusty bread)
1 cup lobster meat, cooked and chopped
1 ripe avocado, mashed
1 tbsp olive oil
1 tbsp lemon juice
Salt and pepper, to taste
1 tbsp fresh parsley, chopped
Crushed red pepper flakes, optional
Lemon zest, for garnish
Microgreens, optional for topping

DIRECTIONS

1. **Toast the Bread:** I preheat the oven to 375°F (190°C) or fire up the toaster.
2. **Then I brush both sides of the sourdough slices with olive oil, pop them into the oven, and toast for 5-7 minutes until they're golden and crisp.** I like a little bit of chew in the middle with a crisp edge-perfect for holding up the toppings.
3. **Prep the Lobster:** If the lobster isn't already cooked, I boil or steam it until it's bright red and opaque-usually 7-9 minutes for tails.
4. **I let it cool slightly, then remove the meat and chop it into bite-sized pieces.** I toss it in a bowl with lemon juice, salt, and pepper. The acidity makes the flavors pop without overpowering the sweetness of the lobster.
5. **Optional:** A pat of melted garlic butter in the mix takes this to the next level.
6. **Mash the Avocado:** In a small bowl, I mash the avocado with a fork, leaving it a little chunky. I mix in a splash of lemon juice, a pinch of salt and pepper, and sometimes a tiny drizzle of olive oil for silkiness.
7. **Assemble the Toast:** Time to build: I spread a thick layer of avocado over the toasted bread. Then I spoon the lemon-kissed lobster over top, making sure each bite will get a bit of everything.
8. **I finish with a sprinkle of chopped parsley, a light grating of lemon zest, and crushed red pepper flakes for that little kick.**
9. **Serve It Up:** I serve the toasts immediately while they're still warm, often with a side of microgreens or simple greens tossed in lemon and olive oil.

10. If I'm feeling extra, I'll add a few pickled onions or a drizzle of hot honey for contrast.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/creamy-avocado-meets-sweet-lobster-on-golden-toast-this-is-luxury-you-can-make-at-home/>