



## Lobster stir-fry

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### Ingredients

1 live lobster

chopped ginger, green onion and garlic.

half-beaten egg

soya sauce and oyster sauce.

tea spoon of corn starch diluted in water

### Instructions

Cutting the lobster:

- 1) chop in half at abdomen. clean out the guts.
- 2) chop the head length wise. clean out the insides (e.g. brain...)
- 3) chop off the tail end. chop the abdomen/tail into 4 pieces.
- 4) chop the arms and claws.

Frying:

- 1) fry chopped green onion and ginger in oil until fragrant.
- 2) toss in chopped lobster and stir until meat is becoming white and shell is becoming red.
- 3) add a bit of soya sauce and oyster sauce.
- 4) add a bit of water so it doesn't dry up and cover for 1-2 minutes.
- 5) remove cover, and add in some corn starch diluted in water to thicken sauce.
- 6) stir the lobster to the sides of the wok, and pour beaten egg in center.
- 7) mix around for a while until sauce is thick. the shell will be red and the meat will be

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white.