

# Whole Grilled Angry Lobster

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/angry-russian-recipe>

## Ingredients:

- 2 pounds lobster
- 2 cups wondra flour
- 1/4 cup chili powder
- 2 tablespoons sea salt cayenne
- 1/4 cup canola oil
- 1 1/2 tablespoons garlic fresh, minced
- 1 tablespoon red pepper flakes
- 1/2 cup fresh basil leaves
- 1/4 cup chili oil see note below
- 2 tablespoons dried tomatoes sun-, julienned
- 1 tablespoon lemon zest julienned, simmer in simple syrup, and drained
- 2 tablespoons unsalted butter
- fresh basil leaves deep fried, for garnish, optional
- 4 lemons approx 1 lemon per person, cut into eighths

## Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 230 milligrams
4. Fat: 37 grams
5. Fiber: 11 grams
6. Protein: 53 grams
7. SaturatedFat: 6 grams
8. Sodium: 4320 milligrams
9. Sugar: 1 grams

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