

Lobster Scrambled Eggs

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-recipe-called-menemen>

Ingredients:

- 8 eggs farm-fresh
- 2 ounces milk
- 1 1/2 pounds lobster meat picked over for shell fragments
- 2 shallots minced
- 2 tablespoons tomatoes ripe, finely chopped
- 4 tablespoons chives finely chopped
- 4 tablespoons unsalted butter
- 1/2 teaspoon orange zest
- creme fraiche optional
- caviar optional

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 660 milligrams
4. Fat: 27 grams
5. Protein: 50 grams
6. SaturatedFat: 12 grams
7. Sodium: 770 milligrams
8. Sugar: 2 grams

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