

Easy Baked Lobster Tail

Easy baked lobster tails with garlic butter sauce. Restaurant-quality dish ready in 20 minutes. Perfect for date night, anniversaries, and special occasions.

10 min

PREP

8 min

COOK

18 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 4 lobster tail
- 1 tbsp chili flakes
- 0.5 cup unsalted butter
- 6 clove garlic
- 2 tsp salt
- 1 tsp black pepper
- 6 tbsp fresh lemon juice
- 1 tbsp parsley

Instructions

- 1 Prepare the oven and garlic butter**

Preheat oven to 190°C (375°F). In a small bowl, mash together 6 tablespoons butter, 6 minced garlic cloves, 2 teaspoons salt, 1 teaspoon black pepper, and 1 tablespoon parsley until well combined.
- 2 Prepare the lobster tails**

Pat 4 lobster tails completely dry with paper towels. Using kitchen shears, cut lengthwise through the center of the top shell, stopping just before the tail fan - do not cut through the bottom shell.
- 3** Gently pull the shell apart and lift the lobster meat up through the opening, keeping it attached at the base. Rest the meat on top of the shell so it sits exposed above the shell cavity.
- 4** Pat the exposed lobster meat dry again and make a shallow cut down the center of each piece to butterfly it slightly. Remove any dark vein if visible.

5 Season and butter

Spread the garlic butter mixture generously over each piece of lobster meat, letting some drip into the shell cavity below.

6 Drizzle 1 tablespoon lemon juice evenly over all the lobster tails and season lightly with additional salt if desired.

7 Bake

Place lobster tails on a rimmed baking sheet and bake for 8-10 minutes, until the meat is opaque white with slight pink edges and feels firm when gently pressed.

8 Remove from oven and immediately squeeze remaining 1/2 cup lemon juice over the tails. Serve hot with lemon wedges on the side.

Tips

If using frozen lobster tails, defrost completely in the refrigerator for 24 hours before cooking to ensure even cooking and optimal texture.

Don't overcook the lobster - it should take only 1-2 minutes per ounce. The meat is done when it's opaque and reaches 140°F internal temperature.

Use kitchen shears instead of a knife to cut through the lobster shell - they provide better control and create cleaner cuts.

Save some of the garlic butter mixture to drizzle over the finished dish for extra richness and visual appeal.

Pat the lobster meat completely dry before seasoning to help the butter and seasonings adhere better to the surface.

Let the butter come to room temperature before mixing with garlic and herbs - this makes it easier to combine and spread evenly.

Score the lobster meat lightly with a knife to prevent curling during baking and create more surface area for flavor absorption.

Place lobster tails on a rimmed baking sheet to catch any butter that may drip during cooking, preventing oven smoking.