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WARM WATER LOBSTER TAILS

Panulirus argus



GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

WARM WATER LOBSTER TAILS



Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: www.un.org/en/globalissues/environment). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.



Specifications

SIZES	5 oz - 24 oz
PACK	4/10 LB IQF

For full package details, visit our website.

Spiny lobster is full, tasty flavored with a coarse texture. The Caribbean Spiny Lobster, also called Rock Lobster, is found amongst the coral reefs in the Caribbean Sea. These Lobsters are caught in cages, or harvested by divers. *Panulirus argus* is a firm succulent crustacean that commands the center of any seafood creation. The most prolific seafood export of this archipelago nation, Rock Lobster (Spiny Lobster) is increasingly appearing in fine dining restaurants and homes worldwide.



For more detailed seasonality, visit our website

RECIPE SUGGESTION



Steamed Lobster with Lemon-Herb Butter

INGREDIENTS:

- 6 1 1/4- to 1 1/2-pound live lobsters
- 1 cup (2 sticks) butter
- 2 teaspoons fresh lemon juice
- 2 teaspoons chopped fresh Italian parsley
- 2 teaspoons chopped fresh chives
- 2 teaspoons chopped fresh basil
- Lemon wedges

DIRECTIONS:

Steam lobsters in bamboo steamers over 2 large pots of boiling water until shells are pink and lobsters are just cooked through, about 11 minutes. Meanwhile, melt butter in small saucepan. Add lemon juice and herbs. Season with salt and pepper. Serve lobsters with lemon wedges, warm herb butter and crusty bread.

Preparation and cooking time: 15 mins Serves 6

<http://www.epicurious.com/recipes/food/views/Steamed-Lobster-with-Lemon-Herb-Butter-235593>

Nutrition Facts

Serving Size 4 oz Raw (112g)
Servings Per Container Varied

Amount Per Serving	
Calories 130 Calories from Fat 15	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 200mg	8%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 23g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 0%

INGREDIENTS: Warm Water Lobster, Sodium Tripolyphosphates. **MAY CONTAIN SULFITES.**

METHOD OF HARVEST: Wild Harvest; Dive/Trap/Gillnet **FAO 31**
COUNTRY OF ORIGIN: Bahamas

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