



HOME CHEF

FAREWELL TO SUMMER SPECIAL

Lobster Thermidor and Grilled Sirloin

With Roasted Asparagus and Smoked Almond-Bleu Cheese Butter



Lobster Thermidor is a classic French dish invented in 1894 to honor the opening of Victorien Sardou’s play, *Thermidor*. Cooked lobster meat is mixed with all kinds of creamy richness and baked again, while grilled sirloin brings the turf. Finished with a side of crispy roasted asparagus and a thick pat of smoky almond & bleu-cheese butter, you’ll be too busy eating to say “Bon Appétit!”

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 1110
Carbohydrates: 29g
Fat: 72g
Protein: 86g
Sodium: 1758mg
per serving

DIETARY



LOW CARB



SOY-FREE

DRINK PAIRING

IPA
Chablis or Rose
Old-Fashioned

INGREDIENTS

10 oz. Asparagus
1 Lemon
10 Chives
6 Piece Smoked Almonds
2 Lobster Tails
2 Sirloin Steaks
1 ½ Tbsp. Butter
½ oz. Bleu Cheese
6 oz. Heavy Cream
½ Cup Panko
1 ½ oz. Shaved Parmesan

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Medium Pot
Baking Sheet
Mixing Bowl
Grill Pan or Outdoor Grill

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Prepare the Ingredients

Preheat oven to 400 degrees and prepare a baking sheet with foil. Bring medium pot of **lightly salted water** to a boil. Thoroughly rinse produce and pat dry. Cut the woody ends off **asparagus**. Zest **lemon** and cut into quarters. Mince **chives**. Coarsely chop **smoked almonds**. Rinse **lobster tails** and carefully halve lengthwise. Rinse **steaks** and pat dry. Set **butter** out to soften.



Cook the Lobster & Make Butter

Place **lobster tails** in boiling water and cook until flesh turns white and shell turns red, about 3-4 minutes. Strain and run under cold water. Remove meat from shells (reserve shells) and dice meat. Combine **butter**, **bleu cheese**, **smoked almonds**, juice of a **lemon quarter**, half of the **minced chives**, and a pinch of **salt** in a small bowl. Form into two discs and refrigerate.



Make the Lobster Stuffing

Warm a medium pan over medium high heat. Add **cream** to pan and cook until it begins to thicken, about 1-2 minutes. Add **panko**, remaining **minced chives**, half the **shaved Parmesan**, and the **diced lobster meat** to the pan and stir to combine. Remove from heat and set aside.



Stuff and Bake the Lobster Shells and Asparagus

Place **lobster shells** on prepared baking sheet. Divide stuffing between the shells equally and top with remaining **Parmesan**. Place **asparagus** on same baking sheet and toss with 1 tsp. **olive oil** and a pinch of **salt**. Bake for 8-10 minutes, or until cheese begins to brown and **asparagus** is crisp-tender. Remove from oven.



Cook the Steaks

Heat an outdoor grill or grill pan to medium-high heat. Spray surface lightly with **cooking spray**. Season **steaks** with a pinch of **salt** and **pepper** and grill for 4-6 minutes on each side, or until a minimum internal temperature of 145 degrees is reached. Transfer steaks to a plate to rest.



Plate the Dish

Arrange the **roasted asparagus** and two **stuffed lobster shells** on a large plate. Place **steak** next to lobster tails, set a disc of **bleu-cheese butter** on top. Garnish with **lemon zest** and serve with remaining **lemon wedges** on the side.