

Lobster and Shells Salad

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Servings: 8

*Kosher salt
good quality olive oil
1/2 pound small pasta
shells
4 ears (3 cups) corn kernels
6 scallions (white and green
parts), thinly sliced
1 yellow or orange bell
pepper, seeded and diced
small
1 pint cherry tomatoes,
halved
1 pound cooked fresh
lobster meat, diced medium
3/4 cup mayonnaise
1/2 cup sour cream
1/4 cup (two lemons) freshly
squeezed lemon juice
freshly ground black pepper
3/4 cup fresh dill, minced*

Preparation Time: 20 minutes

Bring a large pot of water to a boil. Add one tablespoon of salt and some olive oil. Add the pasta. Cook for 8 to 10 minutes, until al dente. Add the corn. Cook for another 2 minutes until the corn is tender. Drain the pasta in a colander. Pour into a large mixing bowl.

Add the scallions, diced pepper, tomatoes and lobster, tossing gently to combine. Allow to cool slightly.

In a small bowl, whisk together the mayonnaise, sour cream, lemon juice, two teaspoons of salt and one teaspoon of pepper until smooth. Pour over the pasta. Mix well to bind the ingredients. Stir in the dill, four teaspoons of salt and one teaspoon of pepper. Cover with plastic wrap.

Chill for up to six hours to allow the flavors to develop.

Check the seasonings and serve chilled or at room temperature.

If the sauce is too thick after the pasta salad is chilled, add a few tablespoons of milk, cream or lemon juice to thin it.

Per Serving (excluding unknown items): 253 Calories; 21g Fat (68.5% calories from fat); 3g Protein; 18g Carbohydrate; 2g Dietary Fiber; 14mg Cholesterol; 133mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.