

The Claws Are Out

We get our pincers on succulent steamed lobsters packed with natural goodness.

By Amylia Hilda

Lobsters have always been known as an indulgent meal reserved for fancy dinners and banquets, which may leave you feeling a tad guilty after noshing on this “decadent” dish, but the meaty crustacean is also packed with all kinds of goodness such as protein, vitamins and Omega-3 fatty acids that give you a health boost when taken in moderation.

The go-to spot in KL for lobsters, which are air-flown “live” from Maine, is the popular Pince and Pints in Bangsar. In response to the eat-clean movement, the restaurant recently introduced steamed lobsters to its menu. The whole lobster is steamed on its own without additional flavourings, allowing its naturally sweet flavour to shine through. The dish is served with a side of chips, fresh salad and the house special herb butter sauce.



TOP TIP:
We suggest opting for a slice of lemon instead of the butter sauce to keep unwanted calories at bay. Lemon also naturally boosts the flavour of any seafood dish.

LOBSTER TRIVIA
1 Lobsters are jam-packed with vitamins such as B-12 and essential minerals such as zinc, copper and phosphorous.
2 Lobsters are also rich in Omega-3 that our bodies can't produce on their own. According to the American Heart Association, the fatty acid may help to reduce the risk of heart-related diseases.
3 A great source of protein, lobsters have the lowest calorie and saturated fat content compared to other protein sources, such as chicken and lean beef.



The restaurant is inspired by cosy New York-style décor.



Pince and Pints also offers a wide selection of cold-pressed juices with no additives and no added sugar. The added fibre from the juice should offset the rich lobster meat.



Customers can enjoy casual dining amid plush sofas.



TOP TIP:
While low in saturated fat, lobsters are loaded with cholesterol and sodium. For a balanced meal, have a large salad or wholegrain bread on the side so you're less likely to overindulge.

ISTOCK/GETTY IMAGES (LOBSTER, LEMON AND SALAD)

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