

# Instant Pot Lobster Tails



4.5 from 6 votes

Enjoy decadently sweet and tender lobster meat in minutes. Making lobster tails in the Instant Pot is so quick, easy, and the results are perfect every time. You'll wonder why you ever cooked them any other way.

Prep Time 15 mins	Cook Time 2 mins	Total Time 19 mins
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Course: Main Course Cuisine: American Keyword: Lobster, Lobster Tails, Quick and Easy, Seafood  
Category: Seafood Cooking Method: Instant Pot Difficulty: Super Easy Development Status: Finished  
Servings: 4 Calories: 99kcal Author: [Valerie Cooper](#)

## Ingredients

- 4 lobster tails 4 to 6 ounces each, fully thawed
- 4 cloves garlic
- 2 sprigs fresh rosemary
- 2 tbsps salted butter melted
- 1 cup water
- 1 ½ tsps salt

## Instructions

1. If the lobster tails are frozen, allow them to fully thaw before preparing.

### butterfly the Lobster Tails

1. **Step 1:** Hold the lobster tail in one hand with the top of the hard shell facing up. Then, using kitchen shears, start in the center at the open end of the tail, placing the bottom point of the open shears into the center of the meat, and then cut lengthwise through the top of the shell and halfway into the meat, stopping just before the end of the tail.
2. **Step 2:** Carefully, but firmly, spread the halves of the tails open where you've made the slit. The meat will be attached to the bottom of the shell, so slip your fingers under the meat (between the meat and bottom of the shell) and carefully, but again firmly, slide your finger in a back and forth motion between the meat and shell, separating it from the bottom of the shell. Make sure to leave the meat attached near the end of the tail.
3. **Step 3:** Lift the lobster meat out and over the shell always being careful to leave the meat attached at the end of the tail. Close the empty shell beneath the meat, and rest the meat opened and draped over the top of the closed shell. If needed, you can check out [this post](#) with photos showing exactly how this is done.

### prepare the Instant Pot

1. **Add Water and Salt:** Pour the water into the pot, add salt to the water, and mix until the salt has dissolved.
2. **Add Herbs:** Place the garlic cloves and sprigs of fresh rosemary in the water on the bottom of the liner.
3. **Add Steamer Basket:** Place a collapsible steamer basket into the pot and partially close the basket so that the opening is just wide enough to make the shape of a deep bowl.

4. **Arrange Lobster:** Place the lobster tails, standing upright, inside the basket with the tail fins sitting in the bottom center of the basket and the tail openings resting over the edges of the steamer basket. If you need visuals of this, check out [this post](#).
5. **Brush Tails With Butter:** Using a basting brush, spread the melted butter over the lobster meat.

### cook the Lobster Tails

1. **Set Cook Time:** Place the pressure release valve in the 'Sealing' position and set the Instant Pot to cook on 'Manual' or 'Pressure Cook', 'Low Pressure', for 2 minutes. I cook on 'Low Pressure' to prevent overcooking of the lobster meat.
2. **Quick Pressure Release:** As soon as the cooking time has completed, perform a quick release and open the pot immediately once all the pressure has been released.
3. **Let Sit:** Allow the tails to sit for a couple of minutes in the pot (with the lid off) before serving. The lobster meat will continue to cook during this time. However, don't let them sit any longer than this before serving.
4. Serve and enjoy.

### Nutrition

Calories: 99kcal | Carbohydrates: 1g | Protein: 11g | Fat: 6g | Saturated Fat: 4g | Cholesterol: 95mg | Sodium: 318mg | Potassium: 127mg | Sugar: 1g | Vitamin A: 175IU | Calcium: 53mg | Iron: 0.2mg

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