



Surf and Turf

Jacob · 28/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

45 mins

Description

Surf and turf is a combination of seafood and steak. This restaurant-worthy recipe grills marinated shrimp and filet steaks for a deliciously simple way to make a special dinner. You probably have most of the ingredients for the shrimp marinade in your pantry already.

Ingredients

- 1 tablespoon olive oil - 1 tablespoon butter
- melted - 1 tablespoon finely minced onion - 1 tablespoon white wine - 1 teaspoon Worcestershire sauce - 1 teaspoon lemon juice - 1 teaspoon dried parsley - 1 teaspoon seafood seasoning (such as Old Bay) - 1 clove garlic
- minced - 1/2 teaspoon freshly ground black pepper - 12 medium shrimp
- peeled and deveined - 2 (4 ounce) filet mignon steaks - 2 teaspoons olive oil - 1 teaspoon steak seasoning

Instructions

1. Whisk 1 tablespoon olive oil
2. butter
3. onion
4. wine
5. Worcestershire sauce
6. lemon juice
7. parsley
8. seafood seasoning
9. garlic
10. and pepper together in a bowl; add shrimp. Toss to coat evenly. Cover the bowl with plastic wrap and refrigerate for flavors to blend
11. at least 15 minutes. Preheat an outdoor grill for medium-high heat and lightly oil the grate. Coat steaks with 2 teaspoons olive oil; sprinkle with steak seasoning. Cook steaks on the preheated grill until they are beginning to firm and are hot and slightly pink in the center for medium doneness
12. 5 to 7 minutes per side. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C). Transfer steaks to a platter and loosely tent with a piece of aluminum foil. Remove shrimp from marinade and grill until they are bright pink on the outside and the meat is opaque
13. 2 to 3 minutes per side. From the Editor Nutrition data for this recipe includes the full amount of marinade ingredients. The actual amount of marinade consumed will vary.