

Garlic Butter Surf & Turf - Steak, Shrimp, and Scallops in 25 Minutes

Savor Garlic Butter Steak, Shrimp & Scallops Surf & Turf Tonight!



TIME
30 min

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INGREDIENTS

For the Steak:

- 1 lb sirloin or filet mignon, cut into bite-sized cubes
- 1 tbsp olive oil
- 1 tbsp butter
- 2 cloves garlic, minced
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp smoked paprika
- 1 tbsp fresh parsley, chopped (for garnish)

For the Shrimp:

- 1/2 lb large shrimp, peeled and deveined
- 1 clove garlic, minced
- 1/2 tsp red pepper flakes (optional)
- 1/2 tbsp lemon juice
- Salt and pepper to taste

For the Scallops:

- 6 large sea scallops, patted dry
- 1/2 tsp garlic powder

Step-by-Step Instructions:

Cook the Steak Bites:

Heat olive oil in a large skillet over medium-high heat.

Season steak cubes with salt, pepper, and smoked paprika.

Sear for 2-3 minutes per side until browned.

Reduce heat, add butter and garlic. Toss to coat the steak evenly.

Remove from heat and garnish with parsley.

Sear the Scallops:

Pat scallops dry with paper towels-this is key to a great sear.

Season with salt, pepper, and garlic powder.

Heat olive oil in a pan over high heat.

Sear scallops for 2 minutes per side, without moving them.

Add butter and lemon juice, then baste for 30 seconds. Remove from heat.

Cook the Shrimp:

In a clean pan, melt butter and sauté minced garlic for 30 seconds.

Add shrimp and season with salt, pepper, and red pepper flakes.

Cook for 2-3 minutes per side until pink and opaque.

DIRECTIONS

1. Cook the Steak Bites: Heat olive oil in a large skillet over medium-high heat.
2. Season steak cubes with salt, pepper, and smoked paprika.
3. Sear for 2-3 minutes per side until browned.
4. Reduce heat, add butter and garlic. Toss to coat the steak evenly.
5. Remove from heat and garnish with parsley.
6. Sear the Scallops: Pat scallops dry with paper towels-this is key to a great sear.
7. Season with salt, pepper, and garlic powder.
8. Heat olive oil in a pan over high heat.
9. Sear scallops for 2 minutes per side, without moving them.
10. Add butter and lemon juice, then baste for 30 seconds. Remove from heat.
11. Cook the Shrimp: In a clean pan, melt butter and sauté minced garlic for 30 seconds.
12. Add shrimp and season with salt, pepper, and red pepper flakes.
13. Cook for 2-3 minutes per side until pink and opaque.
14. Drizzle with lemon juice before serving.
15. Assemble & Serve: Plate the steak, shrimp, and scallops together. Garnish with fresh parsley and serve with extra lemon wedges for brightness.
16. Tips for Success: Use high heat for scallops to get a golden crust.
17. Pat scallops and shrimp dry before cooking to avoid excess moisture in the pan.

18. Don't overcook the shrimp-they only need a few minutes per side.
19. Deglaze the steak pan with a splash of white wine or broth for an optional finishing sauce.
20. Nutritional Info (Approx. per serving): Calories: 600
21. Protein: 55g
22. Carbs: Low (less than 5g)
23. Fat: 40g (mainly from olive oil and butter)
24. Serving Suggestions & Pairings: This surf & turf feast goes perfectly with:
25. Garlic mashed potatoes or a roasted vegetable medley

TIPS FOR SUCCESS

Use high heat for scallops to get a golden crust.

Pat scallops and shrimp dry before cooking to avoid excess moisture in the pan.

Don't overcook the shrimp -they only need a few minutes per side.

Deglaze the steak pan with a splash of white wine or broth for an optional finishing sauce.

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