

## The Best Surf and Turf Dinner - Filet Mignon with Seafood Cream Sauce

When it comes to special-occasion dinners, nothing says



**TIME**  
**45 min**

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**ChefManiac**

### INGREDIENTS

1 lb filet mignon (2 steaks or 1 thick-cut piece)  
?  
% cup heavy cream  
1 cup lobster meat, cooked and chopped ?  
1 cup shrimp, peeled and deveined ?  
2 tbsp olive oil  
2 tbsp unsalted butter  
2 cloves garlic, minced ?  
Salt and black pepper, to taste  
Chopped chives or parsley, for garnish ?

### DIRECTIONS

1. **Prep the Steak:** Let the filet mignon sit at room temperature for 30 minutes. Pat dry and season both sides generously with salt and pepper.
2. **Sear the Filet:** Heat olive oil in a cast-iron skillet or heavy pan over medium-high heat. Sear the steak for 4-5 minutes per side for medium-rare (or adjust to your preferred doneness). Remove from the skillet and let rest under foil while you make the sauce.
3. **Start the Sauce:** In the same skillet, melt the butter over medium heat. Add minced garlic and sauté for 30 seconds until fragrant.
4. **Add the Seafood:** Add shrimp and cook until just pink, about 2-3 minutes. Stir in the lobster meat and cook for another minute until heated through.
5. **Finish the Cream Sauce:** Reduce heat to low and stir in the heavy cream. Simmer for 3-4 minutes, stirring gently, until the sauce thickens slightly. Taste and season with salt and pepper as needed.
6. **Combine and Serve:** Return the rested filet to the skillet and spoon the shrimp and lobster cream sauce generously over the top.
7. **Plate each steak** with a ladle of sauce and garnish with chopped chives or parsley.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-best-surf-and-turf-dinner-filet-mignon-with-seafood-cream-sauce/>