

Steak with Creamy Cajun Shrimp Sauce: Indulgent Surf & Turf Dinner

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TIME
3-4 min

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INGREDIENTS

4 steaks (ribeye or filet mignon), about 6-8 oz each
Salt and pepper to taste
2 tablespoons olive oil
1/2 pound shrimp, peeled and deveined
2 tablespoons butter
2 cloves garlic, minced
1 cup heavy cream
1 tablespoon Cajun seasoning
1/4 cup Parmesan cheese, grated
Fresh parsley, chopped (for garnish)

DIRECTIONS

1. Let's get cooking this decadent Steak with Creamy Cajun Shrimp Sauce:
2. Season the : Steaks: Pat your steaks dry with paper towels. Season them generously on both sides with salt and pepper to taste.
3. Sear the : Steaks: In a large, heavy-bottomed skillet (cast iron works great here!), heat the olive oil over medium-high heat until it's shimmering. Carefully place the seasoned steaks into the hot pan. Sear for approximately 3-4 minutes per side for medium-rare doneness. Adjust the cooking time based on your preferred doneness and the thickness of your steaks. Once cooked to your liking, remove the steaks from the skillet and set them aside on a plate. You can tent them loosely with foil to keep them warm while you make the sauce.
4. Saut  Garlic: In the same skillet (don't clean it, those browned bits add flavor!), melt 2 tablespoons of butter over medium heat. Add the minced garlic and cook for about 1 minute, stirring constantly, until it becomes fragrant. Be careful not to burn the garlic.
5. Cook the : Shrimp: Add the peeled and deveined shrimp to the skillet. Cook for 2-3 minutes, flipping them once, until they turn pink and are fully cooked through. Remove the cooked shrimp from the skillet and set them aside with the steaks.
6. Make the : Cream Sauce Base: Pour the heavy cream into the skillet. Sprinkle in the Cajun seasoning. Stir the mixture together well and bring it to a gentle simmer. Let it cook for 3-5 minutes, stirring occasionally, allowing the sauce to thicken slightly.

7. Finish the : Sauce: Stir in the grated Parmesan cheese. Continue to cook and stir occasionally until the cheese is fully melted and the sauce is smooth, creamy, and coats the back of a spoon. Taste and adjust seasoning with salt and pepper if needed.
8. Combine and : Serve: Return the cooked shrimp to the skillet with the creamy Cajun sauce, stirring gently to coat them. Plate each cooked steak on individual serving dishes. Spoon the rich, creamy Cajun shrimp saucegenerously over the top of each steak. Garnish with freshly chopped parsley for a burst of color and freshness. Serve hot and enjoy your decadent meal!
9. This recipe takes about 10 minutes to prepare and 25 minutes to cook, making a total of 35 minutes from start to finish. It serves 4 people.

SWAPS & NOTES

Steak Cut: While ribeye and filet mignon are fantastic choices for their tenderness and flavor, you can also use New York strip or even a well-marbled sirloin.

Adjust cooking times based on thickness and desired doneness.

Shrimp: Make sure your shrimp are peeled and deveined for ease of eating.

Fresh or frozen (thawed) shrimp work equally well.

TIPS FOR SUCCESS

Thinly Slice Steaks (if applicable): If you're using a thicker steak, consider butterflying it or pounding it slightly to ensure even and quicker cooking.

Don't Overcook Steak or Shrimp: Both steak and shrimp cook quickly, especially at high heat.

Overcooking will make them tough and rubbery.

Aim for your preferred steak doneness and remove shrimp as soon as they turn pink.

