

Cajun Surf & Turf: A Delicious Steak and Shrimp Dinner

There's nothing quite like a meal that feels special and celebratory, and this



TIME
3-5 min

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INGREDIENTS

- 2 ribeye or sirloin steaks (about 8 oz each)
- 2 tablespoons Cajun seasoning
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- Salt and black pepper, to taste
- $\frac{1}{2}$ lb large shrimp, peeled and deveined
- 1 tablespoon Cajun seasoning
- 2 cloves garlic, minced
- 1 tablespoon lemon juice

Swaps and Notes:

Steak: Ribeye or sirloin steaks are great choices for this recipe because they are flavorful and cook quickly. You can also use a different cut of steak like flank steak or filet mignon.

Shrimp: Use large, raw shrimp for the best results. You can buy them already peeled and deveined to save time.

Cajun Seasoning: The Cajun seasoning is key to this recipe. You can use your favorite store-bought brand or make your own with a blend of paprika, garlic powder, onion powder, and a pinch of cayenne.

Butter: Unsalted butter is used in both the steak and shrimp, which adds a rich, buttery flavor.

Lemon Juice: The lemon juice adds a lovely, bright tang that cuts through the richness of the steak and the spice of the shrimp.

How to Make Cajun Steak & Shrimp:

Prep the Steak: Pat the steaks dry with a paper towel. Season them generously with the Cajun seasoning, salt, and black pepper.

Cook the Steak: Heat the olive oil in a large skillet or cast-iron pan over medium-high heat. Add the seasoned steaks and cook for 3-5 minutes per side, or until they reach your desired doneness. Remove the steaks from the skillet and set them aside to rest.

Prep the Shrimp: While the steaks are resting, pat the shrimp dry with a paper towel. Season them with the Cajun seasoning.

Cook the Shrimp: In the same skillet, melt the butter over medium-high heat. Add the minced garlic and cook for 30 seconds until fragrant. Add the seasoned shrimp to the skillet and cook for 2-3 minutes per side, or until they turn pink and are cooked through. Remove the skillet from the heat and stir in the lemon juice.

Serve: Slice the rested steak and serve it on a platter with the Cajun shrimp.

Tips for Success:

Pat the Steak Dry: Patting the steaks dry before you season them is important. This helps the seasoning stick and gives you a better sear.

Don't Overcook: The steak and shrimp cook very quickly. Don't overcook them, or they will become tough and rubbery.

Let the Steak Rest: Let the steak rest for at least 5 minutes after you take it out of the skillet.

This allows the juices to redistribute and makes it even more tender.

Serving Suggestions and Pairings:

Storage and Leftover Tips:

More Recipes You Will Love:

My Mexican Chicken and Rice Casserole is a fantastic one-pan dinner.

If you need to feed a crowd fast, these Sheet Pan Quesadillas are a lifesaver.

For a lazy Sunday, these Easy Turkey Wings are a must-try.

Final Thoughts:

DIRECTIONS

1. **Prep the : Steak:** Pat the steaks dry with a paper towel. Season them generously with the Cajun seasoning, salt, and black pepper.
2. **Cook the : Steak:** Heat the olive oil in a large skillet or cast-iron pan over medium-high heat. Add the seasoned steaks and cook for 3-5 minutes per side, or until they reach your desired doneness. Remove the steaks from the skillet and set them aside to rest.
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5. **Serve:** Slice the rested steak and serve it on a platter with the Cajun shrimp.
6. **Tips for Success:** **Pat the Steak Dry:** Patting the steaks dry before you season them is important. This helps the seasoning stick and gives you a better sear.
7. **Don't : Overcook:** The steak and shrimp cook very quickly. Don't overcook them, or they will become tough and rubbery.
8. **Let the : Steak Rest:** Let the steak rest for at least 5 minutes after you take it out of the skillet. This allows the juices to redistribute and makes it even more tender.
9. **Serving Suggestions and Pairings:** This Cajun surf and

turf is a complete meal on its own, but it pairs wonderfully with a side of creamy mashed potatoes or a simple green salad. For other great Southern-inspired dishes, you could serve it with a bowl of my Cajun Chicken Sausage Gumbo or with my Tomato Skillet with Okra and Sausage.

10. **Storage and Leftover Tips:** Leftovers are delicious! Store the steak and shrimp separately in airtight containers in the refrigerator for up to 2 days. To reheat, you can microwave individual portions or warm them in a skillet until heated through.
11. **More Recipes You Will Love:** If you're a fan of easy, delicious, and one-pan meals, you'll want to check out some of these other favorites:
12. **My Mexican :** Chicken and Rice Casserole is a fantastic one-pan dinner.
13. **If you need to feed a crowd fast, these :** Sheet Pan Quesadillas are a lifesaver.
14. **For a lazy :** Sunday, these Easy Turkey Wings are a must-try.
15. **Final Thoughts:** This Cajun Steak & Shrimp is a recipe that proves a home-cooked meal can be a truly gourmet experience. It's a simple, delicious, and deeply satisfying dish that is perfect for a special dinner. I hope this recipe becomes a new favorite in your home.
16. **If you make this dish, I'd love to hear about it!** What's your favorite way to enjoy a good steak? Let me know in the comments below.

SWAPS & NOTES

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Shrimp: Use large, raw shrimp for the best results.

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TIPS FOR SUCCESS

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

Original recipe: <https://chefmaniac.com/cajun-surf-turf-a-delicious-steak-and-shrimp-dinner/>