

Loaded Surf and Turf Yellow Rice Bowl with Steak, Shrimp, and Veggies

Loaded Yellow Rice Plate with Steak, Garlic Butter Shrimp and Veggies

TIME
40 min

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INGREDIENTS

For the Yellow Rice:

1 ½ cups long-grain rice

3 cups chicken broth

1 tsp turmeric

½ tsp garlic powder

½ tsp onion powder

1 small onion, finely diced

1 tbsp olive oil

Salt, to taste

For the Steak:

1 lb sirloin or ribeye steak, cut into 1-inch cubes

2 tbsp olive oil

1 tsp smoked paprika

1 tsp garlic powder

Salt and black pepper, to taste

For the Garlic Butter Shrimp:

1 lb large shrimp, peeled and deveined

3 tbsp unsalted butter

3 garlic cloves, minced

1 tbsp lemon juice

½ tsp smoked paprika

... cup fresh parsley, chopped

For the Vegetables:

2 cups broccoli florets

1 small onion, sliced

1 garlic clove, minced

DIRECTIONS

1. Cook the Yellow Rice: Heat olive oil in a saucepan over medium heat. Add diced onion and sauté until softened.
2. Stir in rice, turmeric, garlic powder, onion powder, and salt. Toast the rice for 1-2 minutes.
3. Pour in chicken broth and bring to a boil. Reduce heat, cover, and simmer for 15-20 minutes until rice is tender. Fluff with a fork.
4. Prepare the Steak: Toss steak cubes with olive oil, smoked paprika, garlic powder, onion powder, salt, and black pepper.
5. Heat a skillet or grill pan over medium-high heat. Cook steak cubes for 2-3 minutes per side, until browned and cooked to your desired doneness.
6. Set aside.
7. Cook the Garlic Butter Shrimp: Melt butter in a skillet over medium heat.
8. Add minced garlic and cook for about 1 minute until fragrant.
9. Add shrimp, smoked paprika, salt, and pepper. Cook 2-3 minutes per side until the shrimp turn pink.
10. Finish with lemon juice and chopped parsley.
11. Sauté the Vegetables: In another skillet, heat olive oil over medium heat.
12. Add sliced onion and cook for 3-4 minutes until softened.
13. Add broccoli florets and minced garlic. Cook 5-7 minutes until the vegetables are tender but still vibrant.
14. Season with salt and pepper.
15. Assemble the Plate: Divide the yellow rice among four bowls or plates.
16. Top each portion with steak cubes, garlic butter shrimp, and sautéed vegetables.
17. Garnish with fresh parsley and serve warm.

SWAPS & NOTES

Rice options: Long-grain rice works best for fluffy results, but basmati or jasmine rice are excellent substitutes.

Steak choices: Sirloin provides great flavor and tenderness.

Ribeye or New York strip are also fantastic options.

Shrimp size: Large or jumbo shrimp work best so they stay juicy during cooking.

TIPS FOR SUCCESS

Use hot pans for steak and shrimp: High heat creates a flavorful sear while keeping the inside juicy.

Don't overcook the shrimp: They cook quickly and should be removed from heat as soon as they turn pink.

Toast the rice before simmering: This adds extra flavor and prevents mushy texture.

Cook components separately: This keeps each element perfectly cooked and flavorful.

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