

Grilled Lamb and Shrimp Surf & Turf with Savory Fried Rice

Grilled Lamb Chops and Shrimp with Fried Rice and Asparagus

TIME
30 min

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INGREDIENTS

Protein:

8 lamb chops (about 1-inch thick)

1 lb large shrimp, peeled and deveined

Marinade:

4 tbsp olive oil, divided

3 cloves garlic, minced

2 tbsp fresh rosemary, chopped

2 tbsp soy sauce

1 tbsp lemon juice

Salt and black pepper, to taste

Fried Rice:

3 cups cooked jasmine rice (preferably day-old)

2 tbsp sesame oil

1 small onion, finely chopped

1 cup mixed vegetables (peas, carrots, corn)

2 large eggs, lightly beaten

3 tbsp soy sauce

Asparagus:

1 bunch asparagus, trimmed

1 tbsp butter

1 tsp fresh lemon zest

DIRECTIONS

1. Step 1: Marinate the Lamb: In a bowl, mix:
2. 2 tbsp olive oil
3. Garlic
4. Rosemary
5. Soy sauce
6. Lemon juice
7. Salt and pepper
8. Coat the lamb chops and let them rest for at least 30 minutes.
9. Step 2: Season the Shrimp: Season shrimp with salt, pepper, and a drizzle of olive oil. Set aside.
10. Step 3: Cook the Asparagus: Heat butter in a skillet over medium heat.
11. Add asparagus, season with salt, pepper, and lemon zest, and sauté for 6-8 minutes until tender-crisp.
12. Set aside and keep warm.
13. Step 4: Make the Fried Rice: Heat sesame oil in a large pan or wok.
14. Add chopped onion and sauté for about 2 minutes.
15. Add mixed vegetables and cook for another 3 minutes.
16. Push the vegetables to the side of the pan and pour in the beaten eggs. Scramble until set.
17. Add cooked jasmine rice and soy sauce, stirring until everything is well combined and heated through.
18. Step 5: Grill the Lamb: Preheat a grill or grill pan to medium-high heat.
19. Grill lamb chops for 3-4 minutes per side for medium-rare, or longer for your preferred doneness.
20. Step 6: Grill the Shrimp: Grill shrimp for about 2 minutes per side until pink and opaque.
21. Step 7: Assemble the Plate: Serve grilled lamb chops and shrimp alongside the fried rice and sautéed asparagus.

SWAPS & NOTES

and Substitutions This recipe can be adjusted depending on your preferences.

Lamb Chops Rib chops are the most tender Loin chops also work well Shrimp Large or jumbo shrimp grill best Frozen shrimp can

be used after thawing Rice Day-old rice is ideal because it stays firm when stir-fried

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