

## Shrimp Étouffée Stuffed Filet Mignon: A Decadent Surf and Turf Recipe

The rich and flavorful Étouffée sauce adds a unique Cajun twist to the dish.



**OVEN**  
**400°F**

**TIME**  
**45 min**

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### INGREDIENTS

- 4 filet mignon steaks (6-8 ounces each)
- 1 pound of large shrimp, peeled and deveined
- 1 tablespoon of Cajun seasoning
- 1 tablespoon of butter
- 1 onion, diced
- 1 green bell pepper, diced
- 2 cloves of garlic, minced
- 1 cup of chicken broth
- 1 can of diced tomatoes
- 1 tablespoon of Worcestershire sauce
- 1 teaspoon of hot sauce
- Salt and pepper to taste
- Chopped parsley for garnish

### DIRECTIONS

1. Preheat your oven to 400°F (200°C).
2. Season the filet mignon steaks with Cajun seasoning, salt, and pepper on both sides.
3. In a large skillet, melt the butter over medium-high heat. Add the diced onion, bell pepper, and garlic, and sauté until softened, about 5 minutes.
4. Add the shrimp to the skillet and cook for 2-3 minutes until pink. Remove the shrimp from the skillet and set aside.
5. In the same skillet, add the chicken broth, diced tomatoes, Worcestershire sauce, and hot sauce. Bring to a simmer and let it cook for 5 minutes.
6. Using a sharp knife, cut a pocket into each filet mignon steak, being careful not to cut all the way through.
7. Stuff each steak with the shrimp and Étouffée sauce, using toothpicks to secure the opening.
8. Place the stuffed steaks on a baking sheet and bake in the preheated oven for 15-20 minutes, depending on your desired level of doneness.
9. Once cooked, remove the toothpicks and let the steaks rest for 5 minutes before serving.
10. Garnish with chopped parsley and serve with extra Étouffée sauce on the side.

### TIPS FOR SUCCESS

Make sure to properly season the filet mignon steaks before cooking to enhance their flavor. 2.

Use large shrimp for this recipe to ensure they don't overcook and become rubbery. 3.

Don't overstuff the steaks with the shrimp and sauce, as it may cause them to burst open while cooking. 4.

For a spicier kick, add more hot sauce to the ØtouffØe sauce.

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

Original recipe: <https://chefmaniac.com/shrimp-etouffee-stuffed-filet-mignon-a-decadent-surf-and-turf-recipe/>