

Why This Quick Teriyaki Surf and Turf Is My Go-To When I Want Fast, Flavorful, and Filling

Teriyaki Surf and Turf Stir-Fry



TIME
25 min

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INGREDIENTS

8 oz beef sirloin, thinly sliced (against the grain)
8 oz large shrimp, peeled and deveined
1 red bell pepper, sliced
1 yellow bell pepper, sliced
1 cup broccoli florets
¾ cup teriyaki sauce (store-bought or homemade)
2 tbsp vegetable oil (or sesame oil for extra flavor)
Salt and pepper, to taste
Cooked rice or rice noodles, for serving

DIRECTIONS

- Step 1: Marinate the Surf and Turf:** In a bowl, I combine the thinly sliced beef, shrimp, and teriyaki sauce. I let it sit for 15-30 minutes while I prep the veggies and get the rice cooking. The marinade gives both proteins a head start on flavor.
- Tip:** If you have time, marinate the beef and shrimp separately. The shrimp soaks up flavor quicker, while the beef benefits from a longer bath.
- Step 2: Heat the Wok:** I heat 2 tablespoons of vegetable oil in a large wok or skillet over high heat until it's shimmering hot. Stir-fries move fast, so I make sure everything's prepped and ready before the oil hits the pan.
- Step 3: Cook the Beef and Shrimp:** Using tongs, I lift the shrimp and beef from the marinade (reserving the extra liquid), and stir-fry them in the hot wok for about 3-4 minutes until the shrimp are pink and the beef is browned.
- I remove them from the pan and set them aside to avoid overcooking while I do the veggies.
- Step 4: Stir-Fry the Vegetables:** Into the same pan, I toss the sliced bell peppers and broccoli. I stir-fry for 3-4 minutes until just tender-crisp-still vibrant, with a little bite.
- If I want a saucier finish, I'll add the reserved marinade here and cook for another 1-2 minutes until it thickens slightly.
- Step 5: Combine and Serve:** I return the cooked shrimp and beef to the wok and toss everything together. A quick taste test, and I season with salt and pepper if needed.

9. Then it's ready to go-served hot over a bowl of steamed rice, noodles, or even cauliflower rice if I'm keeping it lighter.

SWAPS & NOTES

: The beef gives it richness, while the shrimp keeps it light and sweet.

Teriyaki brings balance : Sweet, salty, and a little sticky-it pulls the whole dish together.

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

Original recipe: <https://chefmaniac.com/why-this-quick-teriyaki-surf-and-turf-is-my-go-to-when-i-want-fast-flavorful-and-filling/>

Quick-cooking, one-pan meal : Done in under 30 minutes, with easy cleanup.

Loaded with color and texture : Crisp-tender veggies and a glossy sauce make it a complete meal in one bowl.