

# Classic Beef Surf & Turf

For an intimate dinner with close friends or family, serve this show stopping dinner with beef Tenderloin Steaks and your favorite seafood. Everyone at your table will think they are dining at a high-end restaurant.

## INGREDIENTS


- 4 beef Tenderloin Steaks, cut 3/4 inch thick (about 4 ounces each)
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25 Min

  
4  
Servings

  
42 Cal

  
39g  
Protein

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]



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2 tablespoons butter, divided

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6 ounces cooked crab meat, lobster tail meat or shrimp, diced

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[illegible]

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[illegible]

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[illegible]

1 pound asparagus, trimmed

1-1/3 cup prepared hollandaise sauce, warmed

[illegible]

[illegible]





[illegible]

[illegible]

[illegible]

Chopped fresh parsley leaves, cayenne pepper (optional)  
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## COOKING

1. Grate peel of lemon; juice lemon. Melt remaining 1 tablespoon butter in same skillet. Stir in lemon juice and crabmeat; cook 2 to 3 minutes.
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151. Melt 1 tablespoon butter in large nonstick skillet over medium heat. Place beef steaks in skillet; cook 7 to 10 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steaks; keep warm. Meanwhile, steam asparagus until crisp-tender.

152. Melt 1 tablespoon butter in large nonstick skillet over medium heat. Place beef Tenderloin Steaks in skillet; cook 7 to 10 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steaks; keep warm. Meanwhile, steam asparagus until crisp-tender.

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301. Place asparagus on large serving platter. Sprinkle with lemon peel; season with salt and pepper, as desired. Place steaks on top of asparagus; add crabmeat, reserving pan juices. Spoon hollandaise over steaks, asparagus and crabmeat. Drizzle steaks with pan juices. Garnish with parsley and cayenne pepper, if desired.

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450. Place asparagus on large serving platter. Sprinkle with lemon peel; season with salt and pepper, as desired. Place steaks on top of asparagus; add crabmeat, reserving pan juices. Spoon hollandaise over steaks, asparagus and crabmeat. Drizzle steaks with pan juices. Garnish with parsley and cayenne pepper, if desired.

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		38g	396mg		6g	39g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com