

# Surf and Turf for Two



Recipe courtesy of Food Network Kitchen

From: Food Network Magazine



Level: Easy

Total: 50 min

Prep: 35 min

Cook: 15 min

Yield: 2 servings

## Ingredients:

### For the Herb Oil:

- 1/4 cup chopped fresh parsley
- 2 tablespoons chopped fresh chives
- 2 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper

### For the Surf and Turf:

- 6 jumbo shrimp, peeled and deveined (tails intact)
- 2 tablespoons extra-virgin olive oil
- Juice of 1/2 lemon
- 2 teaspoons chopped fresh thyme, plus 2 to 3 sprigs
- Freshly ground pepper
- 6 slices pancetta (about 2 ounces)
- 1 10-ounce piece beef tenderloin, trimmed
- Sea salt
- 8 asparagus spears
- 1 tablespoon unsalted butter

## Directions:

**1** Make the herb oil: Pulse the parsley, chives and olive oil in a mini food processor until smooth. Thin with water, if necessary, and add 1/4 teaspoon each salt and pepper. Transfer to a small bowl, cover and set aside. (This can be done up to 2 hours ahead.)

**2** Prepare the surf and turf: Toss the shrimp, olive oil, lemon juice, chopped thyme, and pepper to taste in a bowl. Wrap each shrimp with a piece of pancetta. Preheat the broiler. Arrange the shrimp on a foil-lined broiler pan. Season the beef with sea salt and pepper, press the thyme sprigs into the meat and set aside. Snap off the tough ends of the asparagus. Put the asparagus in a microwave-safe dish with 1/4 cup water and a pinch of sea salt. Heat a medium ovenproof skillet over high heat and add the butter. When the foam subsides, sear the beef until golden brown, about 3 minutes per side. Using tongs, hold the meat and brown the sides. Transfer the skillet to the broiler and cook until a thermometer inserted into the beef registers 125 degrees F for medium rare, about 4 more minutes. Transfer to a cutting board to rest while you cook the shrimp.

**3** Broil the shrimp until the pancetta is crisp, about 2 minutes per side. Meanwhile, microwave the asparagus until tender, about 2 minutes. Slice the beef into 4 pieces. Serve with the shrimp, herb oil and asparagus.



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