



## Surf and Turf

### INGREDIENTS

1 1/2 lb Chuck Roast Steak  
6-8 Large Sea Scallops  
3 Tbl Butter  
1-2 Tbl Fresh Thyme  
1-2 Tbl Olive Oil  
2 Cloves Garlic  
Salt and Pepper to taste

#### Garlic Butter Sauce

3 Cloves Garlic  
6 Tbl Butter  
2 Tbl Parsley  
1 Tbl Fresh Lemon Juice  
Salt and Pepper to taste

#### Roasted Asparagus

1/2 lb Fresh Asparagus  
3 Cloves Minced Garlic  
2-3 Tbl Parmesan Cheese  
1-2 Tbl Olive Oil  
Salt and Pepper to taste

### INSTRUCTIONS

1. Preheat oven to 425°.
2. **To prepare Roasted Asparagus:** Lightly coat asparagus with olive oil, garlic, parmesan cheese, salt and pepper. Mix asparagus with all ingredients and then bake for 8 minutes.
3. Pat both sides of the steak dry and season with salt and pepper to taste.
4. Add 2 Tbl olive oil to hot skillet. Place steak in the middle of the skillet and cook about 4-6 minutes. Flip and cook for an additional 3-4 minutes, or until desired doneness. Add 2 Tbl butter, garlic and thyme. Remove from skillet and let rest.
5. While the steak rests, wipe skillet clean and melt remaining 1 Tbl butter.
6. Season scallops with salt and pepper to taste. Add scallops to skillet in a single layer and cook, flipping once, until golden brown and translucent in center. About 2-3 minutes per side.
7. **To prepare Garlic Butter Sauce:** Reduce heat to low; add garlic and cook until fragrant. Stir in butter, parsley, and lemon juice.
8. Top steak and scallops with garlic butter sauce. Enjoy!