

DINNER

Surf and Turf Burgers

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
51 min	15 min	36 min	8	\$3.58	597 kcal

Surf and Turf Burgers is an American main course. This recipe serves 8 and costs \$3.58 per serving. One portion of this dish contains roughly 34g of protein, 36g of fat, and a total of 597 calories. Not a lot of people made this recipe, and 1 would say it hit the spot.

Ingredients

- ☐ 8 servings Bibb lettuce leaves, for garnish
- ☐ 8 servings Canola oil, for frying
- ☐ 8 slices cooked good quality bacon, cut in half
- ☐ 1 teaspoon chopped fresh chives
- ☐ 1 teaspoon chopped garlic
- ☐ 8 hamburger buns, toasted
- ☐ 1 jalapeno, chopped, seeds optional
- ☐ 8 servings Olive oil, to moisten
- ☐ 2 teaspoons seafood seasoning (recommended: Old Bay)
- ☐ 1 stick unsalted butter
- ☐ 1 tablespoon freshly ground black pepper
- ☐ 1 teaspoon capers
- ☐ 3 large eggs, beaten
- ☐ 2 tablespoons chopped fresh parsley
- ☐ ¼ cup chopped green onions
- ☐ 2 tablespoons hot sauce
- ☐ 1 lemon, juiced and zested
- ☐ 2 cups panko
- ☐ 2 pounds shrimp, peeled and deveined

EQUIPMENT Food processor, Bowl, Frying pan, Baking sheet, Paper towels, Sauce pan, Aluminum foil

Method

- 1 For the burgers: Divide the shrimp in half. Coarsely chop one half and set aside.
- 2 Place the remaining shrimp into the bowl of a food processor and pulse 5 times.
- 3 In a large bowl, mix together the panko, eggs, hot sauce, garlic, seafood seasoning, and black pepper.
- 4 Mix in the pureed shrimp, parsley, chives, jalapenos, and green onions.
- 5 Add the coarsely chopped shrimp and stir to combine. To moisten the mix a bit more, add some olive oil. Form the mixture into 8 patties and place on a parchment-lined baking sheet. Chill for 20 minutes in the freezer or 2 hours in the fridge.
- 6 In a large frying pan over medium-high heat, add the canola oil to generously cover the bottom of the pan. Once the oil is hot, fry 4 burgers at a time, 4 to 6 minutes per side.
- 7 Transfer to a paper towel-lined plate and cover with foil. Repeat with the remaining 4 burgers.
- 8 For the butter: In a small saucepan over low heat, combine the butter, lemon juice and zest, and capers. Cook until melted, about 2 minutes.
- 9 To build the burgers, brush the buns with butter and lay the patties on the bottom of the hamburger bun. Top with bacon pieces and lettuce.
- 10 Serve immediately.

Nutrition per serving

	597 KCAL	35 g PROTEIN	36 g FAT	34 g CARBS
Saturated Fat				11.6 g · 73% of daily needs
Fibre				1.9 g · 8% of daily needs
Sugar				4.5 g · 5% of daily needs
Sodium				714 mg · 31% of daily needs
Cholesterol				291 mg · 97% of daily needs
Vitamin C				8.7 mg · 11% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/surf-and-turf-burgers-147953