

# Skillet Garlic Butter Steak and Shrimp

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/butter-chicken-wings-recipe-vietnamese>

## Ingredients:

- 2 steaks lean New York Steak strip, or steak of choice
- salt
- pepper
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 pound large shrimp peeled and deveined
- 3 garlic cloves minced
- salt
- pepper
- garlic butter Compound:
  - 1/4 cup softened butter
  - 3 garlic cloves minced
  - 1 teaspoon thyme chopped
  - 1 teaspoon rosemary chopped
  - 1 teaspoon oregano chopped

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 55 milligrams
4. Fat: 24 grams
5. Fiber: 2 grams
6. Protein: 1 grams
7. SaturatedFat: 13 grams
8. Sodium: 540 milligrams

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