

# Surf & Turf Keto Burger

Hands-on 20 minutes Overall 1 hour

**Nutritional values (per burger):** Total carbs: 16.7 g, Fiber: 8.7 g, **Net carbs: 8 g**,

Protein: 54.5 g, Fat: 66.3 g, Calories: 867 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 burgers)

4 [Ultimate Keto Buns](#) or [Nut-Free Keto Buns](#)

1 large white onion (150 g/ 5.3 oz)

2 tbsp [ghee](#) or lard or [coconut oil](#) (30 g/ 1.1 oz)

1 tbsp balsamic vinegar

2 lobster tails, cooked (180 g/ 6.3 oz)

500 g ground beef (1.1 lb/ 17.6 oz)

8 slices brie cheese (120 g/ 4.2 oz)

8 slices prosciutto di Parma (120 g/ 4.2 oz)

2 tbsp melted butter or [extra virgin olive oil](#) (30 g/ 1.1 oz)

1/2 tsp salt or more to taste (I like [pink Himalayan](#))

freshly ground [black pepper](#)

*Optional:* sliced tomato, lettuce leaves, pickles, etc.

*Have food allergies? Check out my other [keto bread recipes](#). There are nut-free and psyllium-free options!*

## Instructions

1. **Make the [Keto Buns](#).** Peel and slice the onion. Place the onion on a hot pan greased with ghee.
2. **Caramelize the onion.** Cook over a *low* heat for 20-30 minutes or until the onion is caramelised. Mix occasionally to prevent burning.
3. After 20-30 minutes, add a tablespoon of balsamic vinegar and cook for just a couple of minutes. Then, take off the heat and set aside.
4. **Prepare the lobster.** You will be using the tails. You can learn [how to prepare cooked lobster in this video](#). *Once cooked, lobster has a very short shelf life at room temperature (only 1-2 hours) - make sure to place any leftover meat back in the fridge. Keep refrigerated in an airtight container for up to 4 days - the sooner you use it, the better. For longer storage, freeze for up to 6 months.*
5. **Prepare the burger meat.** In a bowl, combine the ground beef, salt and pepper. Create medium, palm-size burgers.

6. Preheat a [large pan](#) greased with ghee and once hot add the burgers. Turn the heat down to medium and cook on each side for 4-5 minutes. Do not turn the meat too soon or it will stick to the pan. Use a spatula to lightly press the burgers down while cooking. **Prepare the topping.** Slice the brie cheese, ...
7. ... tomatoes (if used). Crisp up the Parma ham on a pan or oven preheated to 200 °C/ 400 °F and cook for a few minutes until crispy.
8. **Assemble the burgers.** To crisp-up the keto buns (optional), cut them in half and place each half, cut side down on a hot [griddle pan](#) and cook for 2-3 minutes until lightly browned. Top each each of the bottom burger buns with the cooked burger meat, caramelised onion, ...
9. ... 2 slices of Brie cheese, 2 slices of Parma ham, ...
10. ... half of a lobster tail and half of a tablespoon of melted ghee or olive oil.
11. Serve with fresh lettuce leaves, tomato slices, pickles or any topping you like. Enjoy!

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