

The Ultimate Seafood Pasta Bake - No-Fail Creamy Shells

When you're craving indulgence, these



OVEN
375°F

TIME
3 min

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INGREDIENTS

? For the Shells & Filling:

- 20 jumbo pasta shells, cooked al dente
- 1 tbsp olive oil
- ½ lb shrimp, peeled, deveined, and chopped
- ½ lb lump crab meat
- 2 cloves garlic, minced
- 1 cup ricotta cheese
- ¾ cup cream cheese, softened
- ¾ cup shredded mozzarella
- ... cup grated Parmesan cheese
- 1 egg, beaten
- 1 tbsp fresh parsley, chopped
- 1 tsp Old Bay seasoning
- ½ tsp salt
- ... tsp black pepper

? For the Sauce & Topping:

- 1½ cups Alfredo sauce
- ¾ cup shredded mozzarella (for topping)
- ... cup grated Parmesan (for topping)

DIRECTIONS

- 1.** Preheat & Prep: Preheat oven to 375°F (190°C). Lightly grease a 9x13-inch baking dish.
- 2.** Cook the Seafood: In a skillet over medium heat, warm olive oil and sauté garlic until fragrant (about 30 seconds). Add chopped shrimp and cook for 2-3 minutes, until pink and just cooked through. Remove from heat.
- 3.** Make the Filling: In a large bowl, mix together:
- 4.** Ricotta
- 5.** Cream cheese
- 6.** Mozzarella
- 7.** Parmesan
- 8.** Egg
- 9.** Parsley
- 10.** Old : Bay
- 11.** Salt and pepper
- 12.** Fold in the cooked shrimp and crab meat.
- 13.** Stuff the Shells: Using a spoon, fill each cooked pasta shell with the seafood-cheese mixture and arrange in the prepared baking dish.
- 14.** Add Sauce & Cheese: Pour Alfredo sauce evenly over the stuffed shells. Sprinkle with remaining mozzarella and Parmesan cheese.
- 15.** Bake to Perfection: Cover the dish with foil and bake for 20 minutes. Remove foil and bake an additional 10 minutes, until the top is golden and bubbly.
- 16.** Garnish & Serve: Let cool for 5 minutes, then sprinkle with fresh parsley. Serve warm with crusty

bread or a green salad.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-ultimate-seafood-pasta-bake-no-fail-creamy-shells/>