

## Garlic Parmesan Baked Shrimp - A 15-Minute Flavor Bomb

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OVEN  
**400°F**

TIME  
**15 min**

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### INGREDIENTS

1 pound large shrimp, peeled and deveined (fresh or frozen and thawed)  
2 tablespoons olive oil  
4 cloves garlic, minced  
... cup grated Parmesan cheese  
2 tablespoons chopped fresh parsley  
1 teaspoon lemon zest  
Salt and pepper, to taste  
Optional Garnishes:  
Lemon wedges  
Extra chopped parsley

### DIRECTIONS

1. **Prep the Oven and Shrimp:** Preheat your oven to 400°F (200°C). If using frozen shrimp, thaw and pat dry completely with paper towels.
2. **Toss Everything Together:** In a large bowl, combine shrimp, olive oil, garlic, parsley, lemon zest, salt, and pepper. Toss to coat.
3. **Arrange shrimp** in a single layer on a baking sheet or oven-safe dish.
4. **Sprinkle evenly** with grated : Parmesan.
5. **Bake:** Bake for 12-15 minutes, or until shrimp are pink, opaque, and slightly golden on top. Don't overcook-they cook quickly!
6. **Serve:** Garnish with extra parsley and lemon wedges. Serve hot!

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

Original recipe: <https://chefmaniac.com/garlic-parmesan-baked-shrimp-a-15-minute-flavor-bomb/>