

Garlic Parmesan Baked Shrimp - A 15-Minute Flavor-Packed Dinner

If you're craving a fast, healthy dinner that still delivers restaurant-quality flavor,



OVEN
425°F

TIME
15 min

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INGREDIENTS

1 pound large shrimp, peeled and deveined
2 tbsp olive oil
4 cloves garlic, minced
... cup grated Parmesan cheese
2 tbsp fresh parsley, chopped
1 tsp lemon zest
Salt and pepper, to taste
For Garnish (Optional):
Lemon wedges
Additional chopped parsley
Quick Recipe Info:
Prep Time: 5 minutes
Cook Time: 12-15 minutes
Total Time: 20 minutes
Servings: 4

DIRECTIONS

- 1.** Preheat Your Oven: Preheat to 425°F (220°C). Line a baking sheet with parchment paper for easy cleanup and even cooking.
- 2.** Season the Shrimp: In a large bowl, combine the shrimp, olive oil, garlic, Parmesan, parsley, lemon zest, salt, and pepper. Toss well so everything is evenly coated.
- 3.** Arrange on Sheet: Lay the shrimp in a single layer on the baking sheet - avoid crowding to help them roast instead of steam.
- 4.** Bake: Bake for 12-15 minutes, or until the shrimp are opaque, pink, and lightly golden. The cheese will melt into a beautiful crust.
- 5.** Serve and Garnish: Sprinkle with more parsley and squeeze lemon wedges over the top before serving.

SWAPS & NOTES

Shrimp : Fresh or frozen both work - just make sure they're fully thawed and patted dry before baking.

Cheese : Use grated Parmesan, not shredded, for better adhesion and browning.

Herbs : Try basil, thyme, or cilantro for a fun twist.

Spice it up : Add red pepper flakes or smoked paprika for heat.

TIPS FOR SUCCESS

? Use large shrimp for the best texture and presentation ? Don't overbake - shrimp can dry out quickly ? Pat shrimp

dry before seasoning to prevent excess moisture ? Serve immediately for peak flavor and texture

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

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