

Seafood Stuffed Shells - Creamy, Cheesy, and Ocean-Fresh

Creamy, cheesy, and packed with shrimp and crab-



OVEN
375°F

TIME
1 min

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INGREDIENTS

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

Instructions:

1. Preheat and Prep:
2. Sauté Shrimp and Garlic:
3. Mix the Filling:
4. Stuff the Shells:
5. Add Sauce and Cheese:
6. Bake:
7. Serve:

Tips for Success:

Use freshly grated Parmesan for maximum melt and flavor.

If using crab from a can, be sure to drain thoroughly.

Swap Alfredo for a garlic cream sauce for extra homemade touch.

Want a citrusy twist? Add a bit of lemon zest to the filling!

Serving Suggestions and Pairings:

A crisp green salad with lemon vinaigrette

Garlic bread or soft rolls

Light white wine or sparkling lemonade

Dorito Casserole - crunchy and satisfying

DIRECTIONS

1. **Preheat and Prep:** Preheat oven to 375°F (190°C). Lightly grease a baking dish with olive oil.
2. **SautØ Shrimp and Garlic:** In a skillet over medium heat, warm olive oil. SautØ garlic for 1 minute, then add shrimp and cook until just pink, about 2 minutes. Remove from heat.
3. **Mix the Filling:** In a large bowl, combine ricotta, cream cheese, mozzarella, Parmesan, egg, parsley, Old Bay, salt, and pepper. Gently fold in cooked shrimp and crab meat.
4. **Stuff the Shells:** Fill each cooked pasta shell with the seafood mixture and place in the baking dish, open side up.
5. **Add Sauce and Cheese:** Pour Alfredo sauce evenly over the shells. Top with extra mozzarella and Parmesan.
6. **Bake:** Cover the dish with foil and bake for 20 minutes. Uncover and bake for 10 more minutes, until golden and bubbly.
7. **Serve:** Let cool slightly before serving. Add extra parsley for garnish if desired.
8. **Tips for Success:** Use freshly grated Parmesan for maximum melt and flavor.
9. **If using crab from a can,** be sure to drain thoroughly.
10. **Swap :** Alfredo for a garlic cream sauce for extra homemade touch.
11. **Want a citrusy twist?** Add a bit of lemon zest to the filling!
12. **Serving Suggestions and Pairings:** These rich, creamy shells pair beautifully with:
13. **A crisp green salad with lemon vinaigrette**

14. Garlic bread or soft rolls
15. Light white wine or sparkling lemonade
16. Round out your comfort food table with these fan favorites:
17. Dorito : Casserole - crunchy and satisfying
18. Chicken : Enchiladas - saucy and cheesy
19. Easy : Turkey Wings - fall-apart tender
20. Beer : Cheese Dip - fun and shareable
21. Storage and Leftovers: Fridge: Store in an airtight container for up to 3 days.
22. Reheat: Bake at 350°F covered with foil, or microwave individual portions.
23. Freeze: Wrap tightly and freeze for up to 2 months. Thaw before baking.
24. More Cozy Dinners You'll Love: Mexican Chicken and Rice Casserole
25. Chicken : Enchiladas

SWAPS & NOTES

: creamy, savory, slightly briny, and totally satisfying.

The filling is luscious, the pasta holds everything together perfectly, and that golden, cheesy topping?

If you're a fan of decadent, comfort-style meals like Mexican Chicken and Rice Casserole or Dorito Casserole , then this seafood pasta bake is right up your alley.

Preheat and Prep Preheat oven to 375°F (190°C) .

TIPS FOR SUCCESS

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Swap Alfredo for a garlic cream sauce for extra homemade touch.

Add a bit of lemon zest to the filling!

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

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