

## How to Make Restaurant-Quality Crab and Shrimp Stuffed Peppers

This recipe uses high-quality ingredients for a truly luxurious result.



**OVEN**  
**400°F**

**TIME**  
**15-20 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

4 large Bell Peppers, any color, halved lengthwise and seeds removed

1 tbsp Olive Oil

1 lb large Shrimp, peeled, deveined, and roughly chopped

8 oz Lump Crab Meat, picked over for any shells

1 cup Panko Breadcrumbs, divided

1/2 cup Mayonnaise

1 large Egg, beaten

1/4 cup grated Parmesan Cheese

2 tbsp chopped Fresh Parsley

2 cloves Garlic, minced

1 tbsp Lemon Juice

1 tsp Old Bay Seasoning

1/2 tsp Black Pepper

2 tbsp Unsalted Butter, melted

**Bell Peppers:** I love using a mix of red, yellow, and orange peppers for a beautiful presentation.

Red peppers tend to be the sweetest, while green peppers offer a more savory, slightly bitter note.

**The Crab Meat:** For a truly special dish, fresh lump crab meat is worth the splurge. The big, tender chunks are incredible. However, you can also use claw meat or a good quality canned crab meat (drained well). I would advise against using imitation crab for this recipe, as the flavor and texture won't be the same.

**The Shrimp:** Use raw shrimp and chop it yourself. This ensures a much better texture than using pre-cooked shrimp.

**The Binder:** Panko breadcrumbs provide a light, crispy texture. In a pinch, you can substitute with crushed Ritz crackers or regular breadcrumbs.

**Step-by-Step Instructions:**

**Prepare the Peppers:** Preheat your oven to 400°F (200°C). Place the bell pepper halves, cut side up, in a baking dish. Drizzle with olive oil and season with a pinch of salt and pepper. Bake for 15-20 minutes, until the peppers have started to soften. This par-baking step is key to ensuring your peppers are tender and not crunchy.

**Make the Filling:** While the peppers are baking, prepare the filling. In a large bowl, combine the chopped raw shrimp, 1/2 cup of the Panko breadcrumbs, mayonnaise, beaten egg, Parmesan cheese, fresh parsley, minced garlic, lemon juice, Old Bay seasoning, and black pepper. Mix until everything is well combined.

**Fold in the Crab:** Gently fold the lump crab meat into the mixture. Be careful not to overmix or break up those beautiful chunks of crab.

**Stuff the Peppers:** Remove the par-baked peppers from the oven. Carefully spoon the seafood mixture into each pepper half, mounding it generously on top.

**Prepare the Topping:** In a small bowl, toss the remaining 1/2 cup of Panko breadcrumbs with the 2 tablespoons of melted butter until the crumbs are evenly coated.

**Top and Bake:** Sprinkle the buttered breadcrumbs evenly over the stuffed peppers.

**Final Bake:** Return the baking dish to the oven and bake for another 20-25 minutes, until the filling is cooked through (the shrimp will be pink and opaque) and the breadcrumb topping is golden brown and crispy.

**Rest and Serve:** Let the peppers rest for 5 minutes before serving. Garnish with a little extra fresh parsley and serve with lemon wedges on the side for squeezing.

**Tips for Success:**

**Don't Skip Par-Baking the Peppers:** This is the most crucial step for achieving the perfect texture. Raw peppers will not have enough time to become tender and sweet while the filling cooks.

**Be Gentle with the Lump Crab:** You paid for those beautiful chunks of crab meat! Fold them in gently at the very end to keep them as intact as possible.

**Don't Overcook:** The seafood filling cooks quickly. As soon as the shrimp are opaque and the topping is golden, they're ready. Overcooking can lead to tough shrimp.

Serving Suggestions:

Storage and Leftover Tips:

Storage: Store any leftovers in an airtight container in the refrigerator for up to 2 days.

Reheating: For the best results, reheat the stuffed peppers in an oven or air fryer at 350°F (175°C) for 10-15 minutes, until warmed through. This helps keep the topping crispy and prevents the seafood from getting rubbery, which can happen in a microwave.

## DIRECTIONS

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11. **Don't : Overcook:** The seafood filling cooks quickly. As soon as the shrimp are opaque and the topping is golden, they're ready. Overcooking can lead to tough shrimp.
12. **Serving Suggestions:** These Crab and Shrimp Stuffed Peppers are a fantastic main course served alongside a simple rice pilaf, quinoa, or a fresh arugula salad with a lemon vinaigrette. They also pair wonderfully with roasted asparagus or green beans.
13. **Storage and Leftover Tips:** Storage: Store any leftovers in an airtight container in the refrigerator for up to 2 days.
14. **Reheating:** For the best results, reheat the stuffed peppers in an oven or air fryer at 350°F (175°C) for 10-15 minutes, until warmed through. This helps keep the topping crispy and prevents the seafood from getting rubbery, which can happen in a microwave.
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19. Need to feed a crowd fast? These Sheet Pan Quesadillas are a genius trick.
20. And for a quick dinner with big flavor, try this Tomato Skillet with Okra and Sausage.
21. **Final Thoughts:** This Crab and Shrimp Stuffed Bell Peppers recipe is a perfect example of how you can create a truly elegant and memorable meal without a ton of fuss. It's a dish that celebrates the sweet, delicate flavors of seafood in the most delicious way. I hope you'll make it for your next special occasion and enjoy every single luxurious bite.
22. Let me know what you think in the comments below!

## SWAPS & NOTES

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## TIPS FOR SUCCESS

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

Original recipe: <https://chefmaniac.com/how-to-make-restaurant-quality-crab-and-shrimp-stuffed-peppers/>