

## Shrimp-Crab Fajita Roll-Up Bombs: An Easy Weeknight Seafood Dinner

Shrimp-Crab Fajita Roll-Up Bombs: My Favorite Crowd-Pleasing Dinner



**OVEN**  
**375°F**

**TIME**  
**30 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 1 lb shrimp, peeled & deveined
- 1/2 cup crab meat, fresh or canned (drained well)
- 1 red bell pepper, thinly sliced
- 1 yellow bell pepper, thinly sliced
- 1/2 small red onion, thinly sliced
- 2 tsp fajita seasoning
- 1 tbsp olive oil
- 4 large flour tortillas (burrito size)
- 1 1/2 cups shredded mozzarella or Mexican blend cheese
- Salt and black pepper to taste
- 2 tbsp fresh parsley, chopped, for garnish

#### Swaps & Notes:

**Seafood:** You can easily swap the shrimp for pre-cooked, shredded chicken or thinly sliced steak if you prefer a different protein. You can also omit the crab and use an extra half pound of shrimp.

**Veggies:** Feel free to use any color of bell pepper you have on hand. Sliced jalapeños can also be added for a bit of heat.

**Cheese:** Mexican blend cheese works great for a classic fajita flavor, but shredded cheddar, Monterey Jack, or even Pepper Jack are all delicious options.

**Tortillas:** Burrito-sized tortillas are best for rolling up the filling. Smaller tortillas will work, but you'll need more of them.

Fajita Seasoning: If you don't have a packet, you can make your own with a mix of chili powder, cumin, paprika, garlic powder, and a pinch of cayenne.

## DIRECTIONS

1. Sauté the Filling: Heat the olive oil in a large skillet over medium-high heat. Add the shrimp, crab, sliced bell peppers, and red onion. Sprinkle with the fajita seasoning, salt, and pepper. Cook for 5-7 minutes, stirring occasionally, until the shrimp are pink and cooked through and the vegetables are tender-crisp.
2. Prepare the : Tortillas: Lay the four large flour tortillas flat on a clean surface.
3. Assemble the : Bombs: Divide the shrimp and crab mixture evenly among the tortillas, placing the filling in a line down the center of each. Sprinkle a generous amount of cheese over the filling in each tortilla.
4. Roll and : Place: Tightly roll up each tortilla, tucking in the ends to create a compact log. Place the roll-ups seam-side down in a baking dish.
5. Bake: Sprinkle the remaining cheese over the tops of the roll-ups. Bake at 375°F (190°C) for 10-15 minutes, or until the cheese is melted and bubbly and the tortillas are lightly golden and crispy.
6. Garnish and : Serve: Carefully remove the dish from the oven. Garnish with fresh chopped parsley and serve hot.

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## TIPS FOR SUCCESS

**Don't Overcook the Shrimp:** Shrimp cooks very quickly, so be sure to pull the skillet off the heat as soon as they turn pink to keep them from getting rubbery.

They'll warm through again in the oven.

**Roll Tightly:** A tight roll is key to keeping the filling from spilling out.

The tighter you roll, the more secure the "bomb" will be.

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

Original recipe: <https://chefmaniac.com/shrimp-crab-fajita-roll-up-bombs-an-easy-weeknight-seafood-dinner/>