

Shrimp and Crab Alfredo Bake - Creamy Seafood Pasta with a Golden Crunch

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OVEN
375°F

TIME
30 min

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INGREDIENTS

8 oz (225 g) pasta (penne or rigatoni)
1/2 lb (225 g) large shrimp, peeled and deveined
1/2 lb (225 g) lump crab meat
2 tbsp butter
2 garlic cloves, minced
1 cup heavy cream
1/2 cup grated Parmesan cheese
1/2 tsp salt
1/4 tsp black pepper
1/4 tsp red pepper flakes (optional)
1/4 cup breadcrumbs
1 tbsp fresh parsley, chopped

DIRECTIONS

1. Preheat the Oven: Preheat your oven to 375°F (190°C).
2. Cook the pasta according to package directions until al dente, then drain and set aside.
3. SautØ the Garlic: In a skillet over medium heat, melt the butter.
4. Add the minced garlic and cook for about 30 seconds, just until fragrant.
5. Make the Alfredo Sauce: Pour in the heavy cream and stir in the grated Parmesan cheese.
6. Cook for a few minutes, stirring frequently, until the sauce begins to thicken slightly.
7. Season the Sauce: Add:
8. Salt
9. Black pepper
10. Red pepper flakes (optional)
11. Stir well to combine.
12. Cook the Shrimp: Add the shrimp to the sauce and cook for 3-4 minutes, until they turn pink and opaque.
13. Add Crab and Pasta: Gently fold in the lump crab meat and cooked pasta.
14. Stir carefully so the crab stays in nice chunks while everything becomes coated in the creamy Alfredo sauce.
15. Assemble the Bake: Transfer the mixture into a baking dish.
16. Sprinkle the breadcrumbs evenly across the top.
17. Bake: Bake for 15-20 minutes until the topping is golden and the pasta is bubbling around the edges.
18. Garnish and Serve: Remove from the oven and sprinkle with freshly chopped parsley before serving.

SWAPS & NOTES

This recipe is flexible and easy to adjust depending on what you have available.

Pasta choices: Penne and rigatoni hold sauce beautifully, but shells or rotini work well too.

Seafood options: If crab is hard to find, you can double the shrimp or substitute scallops.

Cheese options: Freshly grated Parmesan melts best and gives the sauce a smoother texture.

TIPS FOR SUCCESS

Use fresh or high-quality crab meat Lump crab meat gives the best flavor and texture.

Do not overcook the shrimp They will cook slightly more in the oven, so remove them from the stovetop as soon as they turn pink.

Salt the pasta water Well-seasoned pasta water enhances the entire dish.

Use a shallow baking dish This helps create a crispier breadcrumb topping.

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

Original recipe: <https://chefmaniac.com/shrimp-and-crab-alfredo-bake-creamy-seafood-pasta-with-a-golden-crunch/>