

Crab & Shrimp Stuffed Portobellos That Feel Fancy but Are So Easy

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OVEN
400°F

TIME
18 to 22 min

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INGREDIENTS

- 4 large portobello mushroom caps
- 8 ounces lump crab meat
- 1/2 pound shrimp, peeled, deveined, and chopped
- 1/4 cup panko breadcrumbs
- 3 cloves garlic, minced
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon fresh dill, chopped
- Zest and juice of 1 lemon
- 3 tablespoons olive oil
- 1/4 cup grated Parmesan cheese
- Salt and black pepper, to taste

DIRECTIONS

- 1.** Prep the mushrooms: Preheat your oven to 400°F (200°C). Clean the portobello mushrooms, remove the stems and gills, and place them on a lined baking sheet.
- 2.** Make the filling: In a medium bowl, gently combine the lump crab meat, chopped shrimp, panko breadcrumbs, minced garlic, parsley, dill, lemon zest, and lemon juice. Season with salt and black pepper to taste.
- 3.** Fill the mushrooms: Brush the mushroom caps with olive oil, making sure they are lightly coated. Spoon the seafood mixture evenly into each mushroom cap.
- 4.** Top and bake: Drizzle the filled mushrooms with the remaining olive oil and sprinkle the grated Parmesan cheese over the tops. Bake for 18 to 22 minutes, or until the mushrooms are tender and the filling is cooked through and golden on top.
- 5.** Garnish and serve: Remove from the oven, garnish with extra chopped herbs if you like, and serve warm with lemon wedges on the side.

SWAPS & NOTES

This recipe is flexible enough to work with a few easy adjustments: Crab meat: Lump crab gives the best texture, but claw meat can work if that is what you have on hand.

Shrimp: Chop the shrimp into small pieces so the filling stays cohesive and easy to scoop into the mushrooms.

Breadcrumbs: Panko keeps the filling light.

For a lower-carb version, you can reduce the breadcrumbs or use a low-carb alternative.

TIPS FOR SUCCESS

A few simple tips can help make this recipe turn out beautifully every time: Choose large, sturdy portobello caps so they hold the filling well.

Do not soak the mushrooms in water when cleaning them.

Wipe them clean with a damp paper towel instead.

Chop the shrimp into small, even pieces for the best texture.

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

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