

## Garlic Shrimp Bake

- 3 tablespoons olive oil, plus more for greasing
- 2 pounds large shrimp (16-20 per pounds), peeled and deveined
- 3/4 cup fresh or panko breadcrumbs, white or whole-wheat
- 3/4 cup finely grated parmesan cheese, plus more for serving
- 3 cloves garlic, minced or finely grated
- 1/4 cup chopped fresh flat-leaf parsley
- 1/2 teaspoon crushed red pepper flakes
- 2 tablespoons salted butter, melted
- Cooked rice, couscous or quinoa, for serving (optional)
- Lemon wedges, for serving (optional)

### Step 1

Position a rack in the middle of the oven and preheat to 350 degrees.

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### Step 2

Lightly grease a 9-by-13-inch baking dish. Arrange the shrimp in a single layer in the baking dish; it's okay if they touch and overlap a bit.

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### Step 3

In a medium bowl, stir together the breadcrumbs, cheese, garlic, parsley and pepper flakes until combined. Add the 3 tablespoons of oil and mix until well combined.

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### Step 4

Spoon the breadcrumb mixture over the shrimp, covering them as evenly as possible. Drizzle the melted butter over the breadcrumbs and bake for 15 minutes, or until the breadcrumbs are golden and the shrimp are cooked through. If desired, switch the oven to broil for 1 to 2 minutes to further brown the topping, watching carefully to ensure it does not burn.

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### Step 5

Serve the shrimp as is, or with your favorite grain, rice or pasta, with lemon wedges on the side, if desired.

### Substitutions

No parsley? >> Use fresh basil.

