Shrimp Scampi Bake

Description

Easy version of this classic with the wonderful 'zip' of Dijon-style mustard.

Ingredients

- 1 cup butter
- 2 tbsp dijon mustard
- 1 tbsp lemon juice
- 1 tbsp chopped garlic
- 1 tbsp chopped fresh parsley
- 2 lb shrimp, shelled deveined and tails attached
- 3/4 cup white wine
- 1 tbsp old bay seasoning

Instructions

Preheat oven to 450 degrees.

In a small saucepan over medium heat, combine the butter, mustard, lemon juice, garlic, wine, old bay and parsley.

When the butter melts completely, remove from heat.

Summary

Yield: 6
Prep Time: 20 minutes
Category: Seafood
Cuisine: American
Tags: Shrimp

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Arrange shrimp in a shallow baking sheet with sides.

Sprinkle parmesan and some panko (lightly) over shrimp.

Pour the butter mixture over the shrimp.

Bake in preheated oven for 8 to 10 minutes or until the shrimp are pink and opaque. Keep a close eye on them. Might take much less time.

Broil a minute or two at the end to get some crunch.

Serve over linguini noodles or angel hair. Taste and then salt and pepper if needed.

Have red pepper flakes on the table for sprinkling if you wish.

Notes

Can easily use frozen shrimp - thaw in hot water 10 minutes and drain well.

Serve with ceaser salad.