



## BAKED SHRIMP WITH FETA

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Category: Popular

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### **Baked Shrimp with Feta**

Baked Shrimp with Feta is a simple yet flavorful dish that blends the natural sweetness of shrimp with the tanginess of feta cheese. This Mediterranean-inspired recipe is perfect for a light yet satisfying meal that can be prepared in just a few minutes.

The combination of garlic, olive oil, herbs, and the creamy, salty feta creates a mouthwatering sauce that complements the shrimp perfectly. Baked shrimp dishes are quick to prepare, making them a great option for busy weeknights or casual gatherings.

This dish is easy to make, packed with fresh ingredients, and offers a rich, savory flavor that pairs beautifully with crusty bread, pasta, or a side salad. Whether you're hosting a dinner party or enjoying a quiet meal at home, Baked Shrimp with Feta will impress with its vibrant colors and irresistible taste. Let's explore how to make this delicious seafood dish!

## **Ingredients**

1 pound large shrimp, peeled and deveined

2 tablespoons olive oil

4 cloves garlic, minced

1/2 cup dry white wine (or chicken broth)

1 cup crumbled feta cheese

1/2 teaspoon dried oregano

1/4 teaspoon red pepper flakes (optional)

1 tablespoon fresh lemon juice

Salt and freshly ground black pepper, to taste

2 tablespoons fresh parsley, chopped (for garnish)

Lemon wedges (for serving)

## **How to Make Baked Shrimp with Feta**

Preheat the Oven:

Start by preheating your oven to 400°F (200°C). This ensures that the shrimp cooks quickly and evenly, with a nice crispy texture on top.

### Prepare the Shrimp:

Rinse and pat the shrimp dry with paper towels to remove excess moisture. Place the shrimp in a large mixing bowl and season with a pinch of salt and freshly ground black pepper.

### Sauté the Garlic:

In a large oven-safe skillet or baking dish, heat the olive oil over medium heat. Once the oil is hot, add the minced garlic and sauté for 1-2 minutes until fragrant, being careful not to let it brown or burn.

### Add Wine and Feta:

Add the dry white wine (or chicken broth) to the skillet and bring to a simmer. Let the wine cook for about 2 minutes, allowing it to reduce slightly. Then, stir in the crumbled feta cheese and dried oregano. If you prefer a bit of heat, add the red pepper flakes at this point.

### Arrange the Shrimp:

Add the seasoned shrimp to the skillet, tossing them gently to coat in the garlic and feta mixture. Arrange the shrimp in a single layer to ensure even cooking. Drizzle the fresh lemon juice over the top to enhance the flavor and brightness of the dish.

## Bake the Shrimp:

Transfer the skillet or baking dish to the preheated oven and bake the shrimp for 8-10 minutes, or until the shrimp are pink, opaque, and cooked through. Be careful not to overcook the shrimp, as they can become tough and rubbery if left in the oven too long.

## Garnish and Serve:

Once the shrimp are fully cooked, remove the skillet from the oven. Sprinkle the chopped fresh parsley over the top for a burst of color and freshness. Serve immediately with lemon wedges on the side for added zest.

This dish pairs wonderfully with a side of warm crusty bread to soak up the delicious feta sauce, or you can serve it with a light salad or pasta for a more substantial meal.

## Chef's Note

**Shrimp Size:** For this recipe, it's best to use large shrimp, as they will hold up well in the baking process and offer a tender bite. However, medium or extra-large shrimp will also work fine.

**Wine Substitution:** If you prefer not to use wine, chicken broth is an excellent alternative and will still create a rich, savory sauce. Alternatively, you can use vegetable broth for a non-meat version.

Cheese Choice: If you want to experiment with different flavors, you can try substituting feta with goat cheese for a creamier and slightly tangy alternative.

Serving Ideas: This dish can be served with a side of roasted vegetables, a green salad, or over a bed of pasta or rice for a complete meal.

Make-Ahead: If you're short on time, you can prepare the garlic and feta sauce ahead of time and store it in the refrigerator. Just add the shrimp and bake when ready to serve.

### **Nutrition Information (Per Serving, 1/4 of Recipe)**

Calories: 300

Protein: 35g

Carbohydrates: 6g

Fat: 15g

Fiber: 1g

Sodium: 620mg

Cholesterol: 180mg

### **Conclusion**

Baked Shrimp with Feta is a simple yet decadent dish that brings the bold flavors of the Mediterranean to your table. With tender shrimp, creamy feta, and aromatic garlic, this recipe delivers a savory, satisfying meal that's perfect for any occasion. It's easy to prepare, quick to cook, and full of flavor, making it an excellent choice for a weeknight dinner or a special gathering with family and friends. Try it today, and enjoy the delightful combination of shrimp and feta in every bite!