

5-Ingredient Lemon Panko Shrimp

Prep time	Cook time	Total time
5 mins	15 mins	20 mins

An easy main course that is not only on the healthy side, but bursting with crunch and lemon flavor!

Author: Apple of My Eye

Serves: 4

Ingredients

- 1 lb raw shrimp
- 2½ tbsp olive oil, separated
- 2 tbsp italian parsley, roughly chopped
- 2 tbsp lemon juice, separated
- ¾ cup panko bread crumbs
- salt and pepper



Instructions

1. Preheat oven to 400 degrees.
2. Peel and devein shrimp. Place the shrimp evenly in a baking dish and sprinkle with salt and pepper. Drizzle on 1 tbsp lemon juice and 1 tbsp of olive oil. Set aside.
3. In a medium-sized bowl, mix together the italian parsley, one tbsp lemon juice, the panko, the remaining 1½ tbsp olive oil, and ¼ tsp each of salt and pepper.
4. Layer the panko mixture evenly on top of the shrimp.
5. Bake for 12-15 minutes or until shrimp is cooked through and the panko is golden brown.

Notes - "...never trust your sister with important things, like your supply of panko breadcrumbs. Got it?" Serve hot for best results and maximum crunch!

Nutrition Information

Serving size: ¼th recipe Calories: 250 Fat: 10.4g Saturated fat: 1.5g Carbohydrates: 12.5g Sugar: 1g Sodium: 530mg Fiber: 0.5g Protein: 25g Cholesterol: 172mg

Recipe by Apple of My Eye at <http://apple-of-my-eye.com/2014/06/20/5-ingredient-lemon-panko-shrimp/>

