



Roasted shrimps with oregano

10'

Hands on

12'

Cook Time

4-6

Portion(s)

1

Difficulty



Ingredients

For the shrimps

- 1 kilo shrimps No 0, [peeled](#)
- salt
- pepper
- zest and juice from 1 lemon
- 2 tablespoons olive oil
- 1 teaspoon oregano

For the breading

- 1 clove of garlic
- 50 g breadcrumbs
- 80 g parmesan, grated
- pinch of chili flakes
- 1 teaspoon oregano
- zest from ½ lemon
- ½ bunch parsley
- 1 tablespoon basil
- 2 tablespoons olive oil

To serve

- lemon slices
- oregano
- basil

Method

For the shrimps

- In a [bowl](#), add the shrimps, salt, pepper, lemon [zest](#) and juice, olive oil, and then mix with a spoon.
- Add the oregano, mix and set aside.

For the breading

- Preheat the oven to 200° C (392° F) set to fan.
- In a blender, add the garlic, breadcrumbs, parmesan, chili flakes, oregano, lemon [zest](#) and beat very well until the garlic is dissolved and the ingredients are homogenized.
- Then, add the parsley, basil, and olive oil and beat for a few seconds until the herbs are dissolved.
- Add them to the bowl with the shrimps, and mix.
- Spread the shrimps one by one on an ovenproof baking dish, making sure that each one is next to the other. On top, spread the rest of the breading mixture and bake for 8-12 minutes.
- Serve with lemon slices, oregano, and basil.

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|--------------------------|-----------------------------|---------------------------|
| 293 Calories (kcal) | 14.0 Total Fat (g) | 4.1 Saturated Fat (g) | 6.5 Total Carbs (g) |
| 15% | 20% | 21% | 3% |
| 0.7 Sugars (g) | 35.0 Protein (g) | 0.5 Fibre (g) | 1.6 Sodium (g) |
| 1% | 70% | 2% | 27% |