



# Rock Shrimp Stuffed Grouper

## Ingredients

- 1      tablespoon olive oil
- 1/2    cup Florida yellow onions, minced
- 1/4    cup Florida celery, minced
- 1/4    cup Florida red bell pepper, minced
- salt and pepper to taste
- 1      teaspoon cayenne pepper
- 2      teaspoons Florida garlic, chopped
- 1/2    pound Florida rock shrimp, peeled
- 1/4    cup water
- 1      cup Italian bread crumbs
- 2      tablespoons fresh Florida parsley leaves, finely chopped
- 4      6-ounce Florida grouper fillets
- 1      tablespoon seafood seasoning
- 4      tablespoons unsalted butter, melted

## Preparation

Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper. Heat the olive oil in a medium-size sauté pan over medium heat. Add the onions, celery, bell pepper and garlic; cook 2 minutes, stirring, until the vegetables are wilted. Add the shrimp and season mixture with seafood seasoning. Cook for 2 minutes then remove the pan from the heat. Pour the mixture into a medium-size mixing bowl. Stir in bread crumbs and enough water to bind the mixture. Add the parsley and season with salt and pepper. Set aside. On a cutting board, cut a v-shape pocket in the center of each fillet and fill with rock shrimp bread crumb mixture. Sprinkle the fillets with seafood seasoning and place on the prepared baking sheet. Drizzle with melted butter and bake 20 to 25 minutes until the fish flakes easily with a fork. Serve immediately.

## Yield

4 servings



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