



CAJUN SHRIMP PASTA

Category: Popular

Published: January 11, 2025

Cajun Shrimp Pasta

Cajun Shrimp Pasta is a flavorful, satisfying dish that brings together succulent shrimp, a kick of Cajun spices, and a creamy sauce that coats the pasta perfectly.

This dish combines the bold flavors of southern Cajun cuisine with the comfort of a pasta meal, making it a great choice for both weeknight dinners and special occasions.

The combination of spicy seasoning, tender shrimp, and rich, creamy sauce creates a mouthwatering experience that's hard to beat. Whether you're a fan of Cajun food or just looking for something with a bit of heat, this dish will quickly become a favorite in your household.

Ingredients

For the Shrimp:

1 pound large shrimp, peeled and deveined

1 tablespoon olive oil

1 tablespoon Cajun seasoning

1/2 teaspoon smoked paprika

1/2 teaspoon garlic powder

1/4 teaspoon cayenne pepper (optional, for extra heat)

Salt and freshly ground black pepper to taste

For the Pasta:

8 ounces fettuccine or linguine pasta (or any pasta of your choice)

Salt for the pasta water

For the Creamy Sauce:

2 tablespoons butter

1 tablespoon olive oil

3 cloves garlic, minced

1/2 cup chicken broth or seafood stock

1 cup heavy cream

1/2 cup grated Parmesan cheese

1/2 teaspoon dried thyme

1/2 teaspoon dried oregano

Fresh parsley for garnish

Optional: Red pepper flakes for added heat

How to Make Cajun Shrimp Pasta

Cook the Pasta:

Bring a large pot of salted water to a boil. Cook the pasta according to the package instructions, until al dente. Drain and set aside, reserving about 1/2 cup of pasta water.

Season the Shrimp:

In a medium bowl, combine the shrimp with the Cajun seasoning, smoked paprika, garlic powder, cayenne pepper (if using), salt, and pepper. Toss well to coat the shrimp evenly with the spices.

Cook the Shrimp:

Heat olive oil in a large skillet over medium-high heat. Add the seasoned shrimp to the skillet in a single layer. Cook for 2-3 minutes per side, or until they turn pink and opaque. Remove the shrimp from the skillet and set aside.

Make the Creamy Sauce:

In the same skillet, melt butter and add olive oil. Add minced garlic and sauté for 1-2 minutes, until fragrant. Pour in the chicken broth or seafood stock, scraping the bottom of the pan to release any browned bits. Let it simmer for 2-3 minutes to reduce slightly.

Add the Cream and Cheese:

Pour in the heavy cream and bring the mixture to a simmer. Let it cook for 3-4 minutes, allowing the sauce to thicken slightly. Stir in the Parmesan cheese, thyme, and oregano, and cook until the sauce becomes creamy and smooth. Taste and adjust seasoning with salt and pepper as needed.

Combine the Pasta and Shrimp:

Add the cooked pasta to the skillet with the creamy sauce, tossing to coat the pasta evenly. If the sauce is too thick, add a little reserved pasta water to loosen it up. Add the cooked shrimp back into the skillet and toss gently to combine.

Serve:

Serve the Cajun shrimp pasta hot, garnished with fresh parsley and a sprinkle of Parmesan cheese. For extra heat, top with red pepper flakes.

Chef's Note

Cajun Seasoning: If you prefer a milder flavor, reduce the amount of Cajun seasoning or opt for a homemade version with paprika, garlic powder, and a little cayenne.

Make-Ahead: The shrimp can be seasoned and refrigerated up to 2 hours in advance. The sauce can also be made ahead and reheated gently before adding the shrimp and pasta.

Substitute for Heavy Cream: For a lighter version, you can use half-and-half or whole milk, though it will not be as rich and creamy.

Nutrition Information (Per Serving)

Calories: 520

Protein: 38g

Carbohydrates: 38g

Fat: 28g

Fiber: 3g

Sodium: 800mg

Conclusion

Cajun Shrimp Pasta is the perfect dish for anyone who loves a little spice in their meal. The rich, creamy sauce paired with the

bold Cajun flavors of the shrimp makes this pasta dish an irresistible treat. Whether you're in the mood for a comforting dinner or a show-stopping meal to impress guests, this Cajun shrimp pasta delivers big on flavor and satisfaction. Enjoy it with a glass of white wine and savor the taste of Cajun cuisine!