

Cajun Surf and Turf Alfredo with Broccoli

Creamy Cajun Steak & Shrimp Fettuccine Alfredo



TIME
4 min

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INGREDIENTS

For the Pasta:

12 oz fettuccine pasta

Salt, for pasta water

For the Cajun Steak:

1 lb flank steak or sirloin, sliced thin

2 tbsp olive oil

1 tbsp Cajun seasoning

$\frac{1}{2}$ tsp garlic powder

$\frac{1}{2}$ tsp onion powder

$\frac{1}{2}$ tsp smoked paprika

Salt and pepper, to taste

For the Shrimp:

1 lb large shrimp, peeled and deveined

1 tbsp olive oil

$\frac{1}{2}$ tsp paprika

For the Alfredo Sauce:

2 tbsp butter

1 clove garlic, minced

1 cup heavy cream

$\frac{1}{2}$ cup whole milk

1 cup freshly grated Parmesan cheese

For the Vegetables:

1 cup broccoli florets, lightly steamed

For Garnish:

Fresh parsley, chopped

Extra Parmesan, optional

DIRECTIONS

1. ? Cook the Pasta: Bring a large pot of salted water to a boil.
2. Cook fettuccine according to package instructions until al dente.
3. Drain and set aside, reserving $\frac{1}{2}$ cup of pasta water.
4. ? Prepare the Cajun Steak: Mix Cajun seasoning, garlic powder, onion powder, paprika, salt, and pepper in a small bowl.
5. Toss steak slices with seasoning.
6. Heat 2 tbsp olive oil in a skillet over medium-high heat.
7. Cook steak for 3-4 minutes per side until seared and golden. Remove from skillet and set aside.
8. ? Cook the Shrimp: Season shrimp with paprika, garlic powder, salt, and pepper.
9. In the same skillet, add 1 tbsp olive oil.
10. Cook shrimp for 2-3 minutes per side until pink and just caramelized. Remove and set aside.
11. ? Make the Alfredo Sauce: Melt butter in the same skillet. Add minced garlic and saut  for 1 minute.
12. Stir in cream and milk, then bring to a gentle simmer.
13. Gradually whisk in : Parmesan cheese. Stir until sauce is smooth and thickened.
14. Season with salt and pepper. Thin with reserved pasta water if needed.
15. ? Assemble the Dish: Add fettuccine to the skillet and toss to coat in Alfredo sauce.
16. Fold in shrimp and steamed broccoli.
17. Plate pasta and top with sliced : Cajun steak.
18. ? Garnish & Serve: Sprinkle with chopped parsley and extra Parmesan.

19. Serve immediately and enjoy the creamy-spicy bliss!

TIPS FOR SUCCESS

Use freshly grated Parmesan for a smoother sauce.

Don't overcook shrimp-they turn rubbery fast.

Add a pinch of cayenne to the Cajun rub or sauce.

For a smoky twist, grill the steak and shrimp instead of pan-searing.

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