

One-Pan Cajun Pasta with Shrimp - Creamy, Bold & Irresistible

(penne or fettuccine work great)



TIME
30 min

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INGREDIENTS

8 oz pasta (penne or fettuccine work great)

2 tbsp olive oil

1 lb shrimp, peeled and deveined

1 bell pepper, sliced

1 onion, diced

3 cloves garlic, minced

1 cup heavy cream

1 tbsp Cajun seasoning

Salt and pepper, to taste

Green onions, for garnish

Ingredient Tips & Swaps:

Protein Options: Swap shrimp for chicken or sausage if desired. Try using leftovers from this Cajun Chicken Sausage Gumbo for a flavor-packed twist.

Cream Alternative: Use half-and-half or coconut cream for a lighter or dairy-free option.

Add Veggies: Mushrooms or spinach can be added for extra nutrients and texture.

Pasta Choice: Penne holds the sauce beautifully, but linguine or rotini work well too.

How to Make It - Step-by-Step:

1 Cook the Pasta:

2 Sauté the Shrimp:

3 Cook the Veggies:

4 Make the Cajun Sauce:

5 Combine Everything:

6 Garnish & Serve:

Tips for Success:

Don't Overcook the Shrimp: Shrimp cooks quickly-pull them from the pan as soon as they're pink and firm.

Taste & Adjust Heat: Cajun seasoning varies by brand-start with less and add more if you want more spice.

Use Fresh Garlic: For the boldest flavor, use freshly minced garlic instead of jarred.

Serving Suggestions & Pairings:

Beer Cheese Dip and toasted baguette slices as an appetizer.

Sheet Pan Quesadillas for a Tex-Mex crossover dinner party.

A cool green salad with a creamy vinaigrette to mellow the heat.

Storage & Leftover Tips:

Fridge: Store leftovers in an airtight container for up to 3 days.

Reheat: Gently warm on the stove with a splash of cream or milk to loosen the sauce.

Freezer: Not recommended, as cream-based sauces tend to separate when thawed.

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DIRECTIONS

- 1. Cook the Pasta:** Cook the pasta in salted boiling water according to the package instructions. Drain and set aside.
- 2. SautØ the Shrimp:** Heat olive oil in a large skillet over medium heat. Add the shrimp and cook for 2-3 minutes per side until pink and opaque. Remove from the skillet and set aside.
- 3. Cook the Veggies:** In the same skillet, add more olive oil if needed. SautØ bell pepper, onion, and garlic until softened-about 5-6 minutes.
- 4. Make the Cajun Sauce:** Pour in the heavy cream and stir in Cajun seasoning. Let it simmer for a few minutes until slightly thickened.
- 5. Combine Everything:** Add the cooked pasta and shrimp back to the skillet. Toss until everything is coated and heated through. Season with salt and pepper to taste.
- 6. Garnish & Serve:** Top with chopped green onions and serve immediately.
- 7. Tips for Success:** Don't Overcook the Shrimp: Shrimp cooks quickly-pull them from the pan as soon as they're pink and firm.
- 8. Taste & : Adjust Heat:** Cajun seasoning varies by brand-start with less and add more if you want more spice.
- 9. Use : Fresh Garlic:** For the boldest flavor, use freshly minced garlic instead of jarred.
- 10. Serving Suggestions & Pairings:** This dish is bold and creamy, so pair it with a refreshing drink like this blueberry lemonade to balance the spice.

11. Craving a full : Cajun-inspired feast? Serve with a side of:
12. Beer : Cheese Dip and toasted baguette slices as an appetizer.
13. Sheet : Pan Quesadillas for a Tex-Mex crossover dinner party.
14. A cool green salad with a creamy vinaigrette to mellow the heat.
15. Storage & Leftover Tips: Fridge: Store leftovers in an airtight container for up to 3 days.
16. Reheat: Gently warm on the stove with a splash of cream or milk to loosen the sauce.
17. Freezer: Not recommended, as cream-based sauces tend to separate when thawed.
18. More Recipes You'll Love: Craving more comforting dinner inspiration? Try these next:
19. This : Cajun Chicken Sausage Gumbo - warm, hearty, and packed with Southern soul.
20. This : Dorito Casserole - bold flavors, big crunch, and fast prep.
21. This : Blueberry Lemonade - perfect to cool off that Cajun heat.
22. Final Thoughts: This Cajun Pasta is proof that restaurant-level flavor is just a few ingredients and minutes away. It's bold, creamy, and comforting with just the right amount of spice to keep you coming back for more. Whether you're cooking for one or feeding the whole crew, this dish deserves a spot in your regular rotation.
23. Tried it? Tag us on social and let us know how it turned out-or share your favorite twist in the comments below! For more cozy comfort food with a kick, keep following Chef Maniac.

TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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