

## Spicy Cajun Shrimp and Pasta - A 30-Minute Comfort Dinner

If you love creamy pasta with a spicy kick, this



**TIME**  
**30 min**

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### INGREDIENTS

#### Seafood:

1 $\frac{1}{2}$  lb jumbo or large shrimp, peeled and deveined ?

#### Produce & Herbs:

2 tbsp garlic, minced

1 tsp lemon zest ?

2 tbsp fresh parsley, chopped ?

#### Pasta:

1 lb fettuccine

#### Dairy:

4 tbsp unsalted butter

2 cups heavy cream ?

$\frac{1}{2}$  cup Parmesan cheese, grated ?

#### Pantry:

2 tbsp cooking oil

1 cup chicken broth

1 tbsp lemon juice (juice of half a lemon)

1 tbsp flour

#### Cajun Spice Blend:

2 tsp Cajun seasoning

2 tsp smoked paprika

1 tsp onion powder

1 tsp garlic powder

$\frac{1}{2}$  tsp cayenne pepper (adjust to taste)

Salt & pepper, to taste

### DIRECTIONS

1. **Cook the Pasta:** Bring a pot of salted water to a boil. Cook fettuccine according to package instructions until al dente. Drain and set aside.
2. **Season and Sear the Shrimp:** In a bowl, toss shrimp with:
3. Cajun seasoning
4. Smoked paprika
5. Garlic powder
6. Onion powder
7. Cayenne pepper
8. Salt and pepper
9. Heat oil in a large skillet over medium-high heat. Sear shrimp for 1-2 minutes per side until pink and lightly charred. Remove and set aside.
10. **Build the Sauce:** In the same skillet, melt butter. Add garlic and sauté until fragrant, about 30 seconds.
11. Whisk in flour, stirring constantly for 1 minute to form a roux. Slowly pour in chicken broth and stir until slightly thickened.
12. Add:
13. Heavy cream
14. Parmesan cheese
15. Lemon juice and zest
16. A pinch more : Cajun seasoning (if desired)
17. Simmer for 3-4 minutes until the sauce thickens and becomes silky.
18. **Combine & Serve:** Toss in the cooked fettuccine, coating it fully in the sauce. Add shrimp back to the skillet and stir to combine. Garnish with fresh parsley

and serve hot!

## TIPS FOR SUCCESS

? Use wild-caught shrimp for the best flavor and texture ? Adjust heat level by reducing or increasing cayenne ? Add a handful of baby spinach or sun-dried tomatoes for variation ? Swap fettuccine for penne or linguine if preferred

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

Original recipe: <https://chefmaniac.com/spicy-cajun-shrimp-and-pasta-a-30-minute-comfort-dinner/>