

Shrimp and Sausage Skillet - A Bold, One-Pan Cajun Dinner

Shrimp and Sausage Skillet: Bold, Smoky, and Ready in One Pan



TIME
20 min

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INGREDIENTS

- 1 (14 oz) package smoked sausage or andouille, sliced
- 1 lb shrimp, peeled, deveined, and thawed if frozen
- 2 cups zucchini, sliced
- 1 cup Brussels sprouts, thinly sliced
- 1 cup red bell pepper, chopped
- $\frac{1}{2}$ cup red onion, chopped
- 1 tbsp garlic, minced
- $\frac{1}{2}$ tsp extra virgin olive oil
- $\frac{1}{2}$ tsp Cajun seasoning (adjust to taste)

Ingredient Notes & Swaps:

Sausage: Use spicy andouille for more heat or turkey sausage for a leaner option.

Veggies: Add mushrooms, yellow squash, or cherry tomatoes for more variety.

Cajun seasoning: Store-bought blends work great, or make your own with paprika, cayenne, garlic powder, onion powder, thyme, and oregano.

Step-by-Step Instructions:

Prep the Ingredients: Slice all vegetables and sausage.

Pat shrimp dry with paper towels for best sear.

Mix Everything Together: In a large bowl, combine shrimp, sausage, veggies, and garlic.

Drizzle with olive oil and sprinkle Cajun seasoning over everything.

Toss well until all ingredients are evenly coated.

Cook the Skillet: Heat a large skillet or griddle over medium heat. Lightly spray with cooking oil.

Add the mixture to the pan in a single layer if possible for best caramelization.

Do not stir for 3 minutes-this allows the veggies and meats to sear and caramelize.

Finish Cooking: Stir everything and cook for another 3-4 minutes, until the shrimp are pink and opaque and vegetables are tender.

Serve: Serve hot, garnished with chopped parsley or a squeeze of lemon if desired.

Tips for Success:

Dry the shrimp: Extra moisture prevents good searing.

Don't crowd the skillet: Use two pans or cook in batches if needed.

Watch your spice level: Cajun seasoning blends vary, so start light and build up.

Serving Suggestions and Pairings:

Cajun Chicken Sausage Gumbo for a full Southern-inspired menu

Tomato Skillet with Okra and Sausage for a veggie-packed side

Mexican Chicken and Rice Casserole for a spicy side-by-side spread

Dorito Casserole if you're feeding a crowd

Easy Turkey Wings for a hearty Southern-style meal

Storage & Leftover Tips:

DIRECTIONS

1. **Prep the :** Ingredients: Slice all vegetables and sausage.
2. **Pat shrimp dry** with paper towels for best sear.
3. **Mix : Everything Together:** In a large bowl, combine shrimp, sausage, veggies, and garlic.
4. **Drizzle with olive oil** and sprinkle : Cajun seasoning over everything.
5. **Toss well** until all ingredients are evenly coated.
6. **Cook the : Skillet:** Heat a large skillet or griddle over medium heat. Lightly spray with cooking oil.
7. **Add the mixture to the pan** in a single layer if possible for best caramelization.
8. **Do not stir** for 3 minutes-this allows the veggies and meats to sear and caramelize.
9. **Finish : Cooking:** Stir everything and cook for another 3-4 minutes, until the shrimp are pink and opaque and vegetables are tender.
10. **Serve:** Serve hot, garnished with chopped parsley or a squeeze of lemon if desired.
11. **Tips for Success:** Dry the shrimp: Extra moisture prevents good searing.
12. **Don't crowd the skillet:** Use two pans or cook in batches if needed.
13. **Watch your spice level:** Cajun seasoning blends vary, so start light and build up.
14. **Serving Suggestions and Pairings:** This skillet dish is complete on its own, but it's also great with:
15. **Cajun :** Chicken Sausage Gumbo for a full Southern-inspired menu

16. Tomato : Skillet with Okra and Sausage for a veggie-packed side
17. Mexican : Chicken and Rice Casserole for a spicy side-by-side spread
18. Dorito : Casserole if you're feeding a crowd
19. Easy : Turkey Wings for a hearty Southern-style meal
20. Storage & Leftover Tips: Refrigerate: Store in an airtight container for up to 3 days.
21. Reheat: Warm in a skillet over medium-low heat for best texture. Microwave works too.
22. Meal prep: This recipe makes excellent leftovers for lunch-add to rice or salad greens.
23. More Recipes You'll Love: If you're all about fast, bold, one-pan comfort, don't miss these favorites:
24. Cajun : Chicken Sausage Gumbo
25. Tomato : Skillet with Okra and Sausage

SWAPS & NOTES

& Swaps Sausage: Use spicy andouille for more heat or turkey sausage for a leaner option.

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Cajun seasoning: Store-bought blends work great, or make your own with paprika, cayenne, garlic powder, onion powder, thyme, and oregano.

Step-by-Step Instructions Prep the Ingredients: Slice all vegetables and sausage.

TIPS FOR SUCCESS

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