

Easy Cajun Shrimp Pasta with Creamy Garlic Sauce

If you're craving something bold, rich, and ready in under 30 minutes, this



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30 min

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INGREDIENTS

For the Shrimp:

- 1 lb large shrimp, peeled and deveined
- 2 tbsp olive oil
- 2 tsp Cajun seasoning
- Salt & pepper to taste

For the Sauce:

- 2 tbsp butter
- 4 cloves garlic, minced
- 1 cup heavy cream
- $\frac{1}{2}$ cup Parmesan cheese, freshly grated
- 1 tsp smoked paprika
- 1 tsp Cajun seasoning (adjust to heat preference)

For the Pasta:

- 12 oz penne pasta, cooked al dente
- Chopped parsley for garnish
- Optional: Extra Parmesan for serving

Instructions:

1. Cook the Shrimp:
2. Make the Sauce:
3. Combine and Toss:
4. Garnish and Serve:

Tips for Success:

Don't overcook the shrimp-they only need a few minutes to stay juicy.

Use freshly grated Parmesan for best melting and flavor.

Add a splash of pasta water if your sauce needs thinning.

Want a veggie boost? Toss in some baby spinach or sun-dried tomatoes!

Storage & Reheating:

Store leftovers in an airtight container in the fridge for up to 3 days.

Reheat gently on the stove with a splash of cream or milk to loosen the sauce.

Not ideal for freezing due to the cream base, but still doable in a pinch.

What to Serve With It:

Beer Cheese Dip as a starter

Dorito Casserole if you're cooking for a crowd

Sheet Pan Quesadillas for a fun Tex-Mex twist on dinner night

Cajun Chicken Sausage Gumbo for a full-on Cajun feast

DIRECTIONS

1. **Cook the Shrimp:** Heat olive oil in a large skillet over medium-high heat. Season shrimp with Cajun seasoning, salt, and pepper. Cook for 2-3 minutes per side, until golden and opaque. Remove and set aside.
2. **Make the Sauce:** In the same skillet, melt butter and sauté garlic until fragrant (about 1 minute). Add heavy cream, Parmesan, paprika, and remaining Cajun seasoning. Simmer over medium-low heat for 5 minutes, stirring often until the sauce thickens slightly.
3. **Combine and Toss:** Add cooked penne pasta to the sauce and stir to coat. Return shrimp to the skillet and toss everything together until warm and well mixed.
4. **Garnish and Serve:** Sprinkle with chopped parsley and more Parmesan if desired. Serve hot and enjoy every spicy, creamy bite!
5. **Tips for Success:** Don't overcook the shrimp—they only need a few minutes to stay juicy.
6. **Use freshly grated :** Parmesan for best melting and flavor.
7. **Add a splash of pasta water** if your sauce needs thinning.
8. **Want a veggie boost? Toss in some baby spinach or sun-dried tomatoes!**
9. **Storage & Reheating:** Store leftovers in an airtight container in the fridge for up to 3 days.
10. **Reheat gently on the stove** with a splash of cream or milk to loosen the sauce.
11. **Not ideal for freezing** due to the cream base, but still doable in a pinch.
12. **What to Serve With It:** This pasta is hearty enough to stand alone, but here are a few delicious pairings:
13. **Beer :** Cheese Dip as a starter

14. Dorito : Casserole if you're cooking for a crowd
15. Sheet : Pan Quesadillas for a fun Tex-Mex twist on dinner night
16. Cajun : Chicken Sausage Gumbo for a full-on Cajun feast
17. Hot : Dip on the side if you want to spice up appetizer hour
18. Final Thoughts: This Creamy Cajun Shrimp Pasta is the kind of meal you'll want on regular rotation. It's vibrant, comforting, and always a hit with guests (or picky teens). Plus, it comes together fast-so you can spend more time enjoying and less time stressing.
19. Tried it? Drop a comment below or tag @ChefManiac on social media. We'd love to see your version!

SWAPS & NOTES

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Season shrimp with Cajun seasoning, salt, and pepper .

Cook for 2-3 minutes per side , until golden and opaque.

Make the Sauce In the same skillet, melt butter and sauté garlic until fragrant (about 1 minute).

TIPS FOR SUCCESS

Don't overcook the shrimp -they only need a few minutes to stay juicy.

Use freshly grated Parmesan for best melting and flavor.

Add a splash of pasta water if your sauce needs thinning.

Toss in some baby spinach or sun-dried tomatoes !

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

Original recipe: <https://chefmaniac.com/easy-cajun-shrimp-pasta-with-creamy-garlic-sauce/>