

Cajun Sausage & Shrimp Pasta: Spicy, Creamy & Comforting Dinner

Cajun Sausage and Shrimp Pasta: A Spicy, Creamy, and Comforting Meal!



TIME
5-7 min

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INGREDIENTS

- 8 oz pasta (such as penne, fettuccine, or rotini)
- 1 lb shrimp, peeled and deveined
- 1 lb Cajun sausage, sliced (Andouille is preferred)
- 1 bell pepper, diced (any color)
- 1 onion, diced
- 3 cloves garlic, minced
- 1 cup heavy cream
- 1 cup chicken broth
- 2 tablespoons Cajun seasoning (adjust to taste/spice preference)
- Salt and black pepper to taste
- Olive oil
- Fresh parsley for garnish (chopped)

DIRECTIONS

- 1. Cook the Pasta:** Bring a large pot of generously salted water to a rolling boil. Add the 8 oz pasta and cook according to the package instructions until al dente (cooked but still firm to the bite). Drain the pasta well and set it aside. You're off to a great start!
- 2. SautØ Vegetables:** Heat a bit of olive oil (about 1-2 tablespoons) in a large skillet or Dutch oven over medium heat. Add the diced onion, bell pepper, and minced garlic to the skillet. SautØ them for 5-7 minutes, stirring occasionally, until they're nice and tender and fragrant.
- 3. Brown Sausage & Cook Shrimp:** Toss in the sliced Cajun sausage to the skillet with the vegetables. Let it brown up for about 3-5 minutes, stirring occasionally, allowing it to release its flavors. Stir in the shrimp, cooking just until they turn pink and look delicious, which usually takes about 2-3 minutes. Avoid overcooking the shrimp, as they can become tough.
- 4. Build the Creamy Sauce:** Pour in the 1 cup chicken broth into the skillet and bring everything to a gentle simmer, scraping up any browned bits from the bottom of the pan. Now, add the 1 cup heavy cream and the 2 tablespoons Cajun seasoning. Give it all a good stir so the flavors can come together and the sauce begins to thicken slightly.
- 5. Season & Combine with Pasta:** Season the sauce with salt and black pepper to taste, tasting as you go to ensure the perfect balance. Add the cooked pasta right into the skillet with the creamy, spicy sauce. Toss gently but thoroughly until every piece of pasta is

beautifully coated with that rich, flavorful sauce.

6. **6. Serve:** Serve hot, finished off with a generous sprinkling of fresh chopped parsley for a touch of vibrant color and freshness. Enjoy this bold, comforting meal-it's perfect for gathering friends and family around the table!

SWAPS & NOTES

Pasta Type: While the recipe doesn't specify, penne, fettuccine, or rotini are excellent choices for this dish as they hold the creamy sauce well.

You can use any short or long pasta you prefer.

Cajun Sausage: Andouille sausage is traditional for its smoky flavor and spicy kick.

You can also use smoked kielbasa or another pre-cooked sausage, but the flavor profile will be milder.

TIPS FOR SUCCESS

Don't Overcook Pasta: Cook pasta to al dente as it will finish cooking slightly in the hot sauce.

Prep All Ingredients: Have your vegetables diced and sausage sliced before you start cooking; this dish comes together quickly.

High-Quality Cajun Sausage: The sausage is a star here, so choose a good quality, flavorful Cajun or Andouille sausage.

Don't Overcook Shrimp: Shrimp cook very fast.

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