

Easy Sheet Pan Cajun Shrimp Bake with Turkey Sausage and Potatoes

The Ultimate One-Pan Cajun Shrimp Bake: A Southern-Style Weeknight Win



OVEN
375°F

TIME
25 min

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INGREDIENTS

The Base:

4 Turkey Sausages: Sliced into rounds.

1 lb Shrimp: Large, peeled, and deveined.

4 Red Potatoes: Quartered (keep the skins on for texture!).

2 Ears of Corn: Quartered into "ribs" or rounds.

2 Tablespoons Oil: Divided (Olive or avocado oil works best).

1 Tablespoon Butter: Cubed, to add a silky finish to the potatoes.

4 Cloves Garlic: Freshly minced.

The Signature Cajun Spice Mix:

2%₀₀ teaspoons Paprika (Smoked paprika adds a lovely depth).

2 teaspoons Garlic Powder

2 teaspoons Salt

1... teaspoons Dried Oregano

1... teaspoons Dried Thyme

1 teaspoon Onion Powder

1 teaspoon Cayenne Pepper (Adjust for spice level).

1 teaspoon Black Pepper

%₀₀ teaspoon Red Pepper Flakes

Optional Garnish:

Fresh Parsley: Chopped fine.

Lemon Wedges: For a bright, acidic pop before serving.

DIRECTIONS

1. Prep the : Oven: Preheat your oven to 375°F (190°C). Grease a large rimmed baking sheet or a large 9x13 baking dish.
2. Mix the : Spices: In a small bowl, whisk together all the Cajun spice mix ingredients. This ensures every bite gets an even distribution of flavor.
3. The : First Roast: In your baking dish, toss the quartered potatoes, corn, half of the minced garlic, 1 tablespoon of oil, and %₀₀ tablespoon of your spice mix. Top with the butter cubes. Bake for 25 minutes. This head start ensures the potatoes are tender when the shrimp is finished.
4. Prepare the : Protein: While the veggies roast, mix the sliced turkey sausage, shrimp, remaining garlic, 1 tablespoon of oil, and another %₀₀ tablespoon of the spice mix in a separate bowl.
5. The : Final Bake: Add the shrimp and sausage mixture to the baking dish with the potatoes and corn. Stir gently to combine. Return to the oven for 15 minutes, or until the shrimp are pink and opaque.
6. Garnish and : Serve: Sprinkle with fresh parsley and serve immediately with lemon wedges.

SWAPS & NOTES

The Sausage: While I love turkey sausage for its lighter profile, you can easily swap this for Andouille sausage if you want an extra layer of spice and traditional fat content.

The Seafood: If you aren't a fan of shrimp, scallops or even chunks of firm white fish like cod can work, though cooking times may vary slightly.

Potatoes: If you're watching carbs, you can swap the red potatoes for cauliflower florets, though you should reduce the initial roasting time.

Step-by-Step Instructions Prep the Oven: Preheat your oven to 375°F (190°C) .

TIPS FOR SUCCESS

Don't Overcook the Shrimp: Shrimp cook very quickly.

As soon as they form a "C" shape and turn opaque, they are done.

Overcooking leads to a rubbery texture.

Size Matters: Try to cut your potatoes into uniform sizes so they roast evenly.

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

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