

25-Minute Creamy Cajun Shrimp: Better Than Restaurant Quality

Creamy Cajun Garlic Butter Shrimp



TIME
25 min

TEMP
165°F

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

1 lb (450g) Large Shrimp: Peeled and deveined. I prefer tail-on for presentation, but tail-off is easier for eating!

1 tbsp Cajun Spice Blend: Choose your favorite brand (watch the salt content!).

1/2 tsp Smoked Paprika: Adds a beautiful color and a hint of wood-fired flavor.

Salt & Black Pepper: To taste.

2 tbsp Unsalted Butter: For searing and flavor depth.

4 Garlic Cloves: Finely chopped. Fresh is a must here!

1 cup Heavy Cream: This creates the silkiness.

1/4 cup Parmesan Cheese: Freshly grated melts much smoother than the bottled stuff.

1 tbsp Lemon Juice: Freshly squeezed to brighten the sauce.

1/2 tsp Red Pepper Flakes (Optional): If you like an extra kick.

1 tbsp Fresh Parsley: Chopped for a pop of color.

2 cups Cooked Rice: White, Jasmine, or Basmati work perfectly.

Swaps and Notes:

The Protein: Not a fan of shrimp? This sauce works beautifully with sliced chicken breast or even scallops. If using chicken, ensure it's cooked through to 165°F before adding the cream.

Dairy-Free: You can swap the heavy cream for full-fat coconut cream and use a vegan butter substitute. The flavor will be slightly nuttier but still delicious.

The Rice: While rice is classic, this is also incredible over pasta (like linguine) or a bed of Tomato Skillet with Okra and Sausage for a full Southern feast.

Step-by-Step Instructions:

Season the Shrimp: In a medium bowl, toss your cleaned shrimp with the Cajun seasoning, smoked paprika, salt, and pepper until evenly coated.

Sear the Shrimp: Melt the butter in a large skillet over medium-high heat. Add the chopped garlic and sauté for about 30 seconds until fragrant (don't let it burn!). Add the shrimp in a single layer.

Cook for 2-3 minutes per side until they turn pink and opaque.

Remove and Deglaze: Remove the shrimp from the pan and set aside on a plate. This prevents them from becoming rubbery.

Simmer the Sauce: Lower the heat to medium. Pour the heavy cream into the same skillet, scraping up any browned bits (the "fond") from the bottom. Stir in the Parmesan cheese, lemon juice, and red pepper flakes. Let the sauce simmer for 3-5 minutes until it begins to thicken.

Combine: Return the shrimp and any juices from the plate back into the skillet. Toss gently to coat them in the creamy Cajun sauce.

Garnish and Serve: Sprinkle with fresh parsley and serve immediately over a warm bed of rice.

Tips for Success:

Don't Overcook the Shrimp: Shrimp only need a few minutes. As soon as they form a "C" shape and are no longer translucent, they are done. An "O" shape usually means they are overcooked!

Prep Before Cooking: Because this recipe moves fast, have your garlic chopped and your cream measured before you turn on the stove.

Adjust the Salt: Many Cajun seasonings are very salt-heavy. Taste your sauce before adding extra salt at the end.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 470 kcal

Carbohydrates: 38g

Protein: 26g

Fat: 24g

Saturated Fat: 15g

Sodium: 850mg

DIRECTIONS

1. **Season the : Shrimp:** In a medium bowl, toss your cleaned shrimp with the Cajun seasoning, smoked paprika, salt, and pepper until evenly coated.
2. **Sear the : Shrimp:** Melt the butter in a large skillet over medium-high heat. Add the chopped garlic and sauté for about 30 seconds until fragrant (don't let it burn!). Add the shrimp in a single layer. Cook for 2-3 minutes per side until they turn pink and opaque.
3. **Remove and : Deglaze:** Remove the shrimp from the pan and set aside on a plate. This prevents them from becoming rubbery.
4. **Simmer the : Sauce:** Lower the heat to medium. Pour the heavy cream into the same skillet, scraping up any browned bits (the "fond") from the bottom. Stir in the Parmesan cheese, lemon juice, and red pepper flakes. Let the sauce simmer for 3-5 minutes until it begins to thicken.
5. **Combine:** Return the shrimp and any juices from the plate back into the skillet. Toss gently to coat them in the creamy Cajun sauce.
6. **Garnish and : Serve:** Sprinkle with fresh parsley and serve immediately over a warm bed of rice.
7. **Tips for Success: Don't Overcook the Shrimp:** Shrimp only need a few minutes. As soon as they form a "C" shape and are no longer translucent, they are done. An "O" shape usually means they are overcooked!
8. **Prep : Before Cooking:** Because this recipe moves fast, have your garlic chopped and your cream measured before you turn on the stove.
9. **Adjust the : Salt:** Many Cajun seasonings are very salt-heavy. Taste your sauce before adding extra salt

at the end.

10. **Serving Suggestions and Pairings:** To turn this into a full spread, I recommend starting with a crowd-pleasing appetizer like this Beer Cheese Dip. For the main event, the richness of the cream sauce pairs excellently with a crisp, cold beverage. I highly suggest whipping up a Classic Margarita to provide a citrusy contrast to the Cajun spices.
11. If you want to keep the meal "one-pan" style, much like my Mexican Chicken and Rice Casserole, you can stir the cooked rice directly into the skillet with the sauce.
12. **Nutritional Information (Per Serving):** Calories: 470 kcal
13. Carbohydrates: 38g
14. Protein: 26g
15. Fat: 24g
16. Saturated : Fat: 15g
17. Sodium: 850mg
18. Fiber: 1g
19. **Storage and Leftover Tips:** Fridge: Store leftovers in an airtight container for up to 2 days.
20. **Reheating:** Shrimp can get tough when microwaved. I recommend reheating in a skillet over low heat with a splash of water or milk to loosen the sauce back up.
21. **Freezing:** I do not recommend freezing this dish, as the cream sauce may break and become grainy upon thawing.
22. **More Recipes You Will Love:** Southern Cajun Chicken & Sausage Gumbo
23. **One-:** Pan Mexican Chicken and Rice
24. **Quick :** Southern Tomato Skillet with Sausage
25. **Final Thoughts:** This Creamy Cajun Garlic Butter Shrimp is proof that you don't need a lot of time to make a meal that feels special. The bold spices and velvet-smooth sauce create a comfort food experience that is hard to beat.

SWAPS & NOTES

This sauce works beautifully with sliced chicken breast or even scallops.

If using chicken, ensure it's cooked through to 165°F before adding the cream.

Dairy-Free: You can swap the heavy cream for full-fat coconut cream and use a vegan butter substitute.

The flavor will be slightly nuttier but still delicious.

TIPS FOR SUCCESS

Don't Overcook the Shrimp: Shrimp only need a few minutes.

As soon as they form a "C" shape and are no longer translucent, they are done.

An "O" shape usually means they are overcooked!

Prep Before Cooking: Because this recipe moves fast, have your garlic chopped and your cream measured before you turn on the stove.

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

Original recipe: <https://chefmaniac.com/25-minute-creamy-cajun-shrimp-better-than-restaurant-quality/>