

Better Than a Bistro: How to Make the Most Flavorful Cajun Seafood Pasta at Home

The Ultimate Creamy Cajun Sausage & Shrimp Pasta



TIME
1 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

250 g (9 oz) Pasta: Penne, fettuccine, or orecchiette work best to catch the sauce.

225 g (8 oz) Shrimp: Peeled and deveined. Medium or large shrimp provide the best bite.

225 g (8 oz) Smoked Sausage: I highly recommend Andouille for that authentic kick.

1%₀₀ tbsp Cajun Seasoning: Use store-bought or follow my DIY blend below.

Salt & Black Pepper: To taste (remember, Cajun seasoning often contains salt!).

1 tbsp Olive Oil & 1 tbsp Butter: The oil prevents the butter from burning.

Aromatics: 1 small finely diced onion, 3 cloves of minced garlic, and 1 sliced red bell pepper.

Liquids: 240 ml (1 cup) heavy cream and %₀₀ cup chicken broth.

Cheese: %₀₀ cup freshly grated Parmesan.

Fresh Parsley: For a pop of color and freshness.

Optional: A squeeze of lemon juice or red pepper flakes for extra heat.

Swaps and Notes:

The Sausage: If you can't find Andouille, a good Kielbasa or even a spicy Italian sausage can work in a pinch.

The Pasta: Gluten-free pasta works wonderfully here-just ensure you don't overcook it, as it can get mushy in the cream sauce.

Veggie Boost: Feel free to add sliced mushrooms or spinach at the end for extra nutrition.

Step-by-Step Instructions:

1. Cook the Pasta:
2. Sear the Proteins:
3. SautØ the Aromatics:
4. Build the Creamy Sauce:
5. Bring it Together:
6. Final Flourish:

Tips for Success:

Don't Overcook the Shrimp: Shrimp turn rubbery fast. Take them out of the pan the second they lose their translucency. They will warm back up when you toss them in the sauce at the end.

Control the Heat: Cajun blends vary wildly in salt and spice. If you are sensitive to salt, look for a "no-salt" blend and season manually.

Use Fresh Parmesan: The pre-shaken green can won't melt correctly. For a smooth sauce, grate your own cheese from a block.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 620 kcal

Protein: 32g

Carbohydrates: 48g

Fat: 36g

Sodium: 1,100mg

Storage and Leftover Tips:

More Recipes You Will Love:

DIRECTIONS

1. **Cook the Pasta:** Bring a large pot of heavily salted water to a boil. Cook your pasta until it is al dente (firm to the bite). Crucial Tip: Before draining, reserve about ½ cup of the starchy pasta water. This is "liquid gold" for emulsifying your sauce later.
2. **Sear the Proteins:** Toss your shrimp with 1 teaspoon of Cajun seasoning. In a large skillet over medium-high heat, add the olive oil. Brown the sliced sausage until it's crisp on the edges; remove it from the pan. In the same skillet, sear the shrimp for about 1 minute per side until they turn opaque. Remove them and set aside.
3. **SautØ the Aromatics:** Lower the heat to medium and melt the butter. Add the onion and red bell pepper. SautØ for 3-4 minutes until they are softened and fragrant. Stir in the minced garlic and cook for just 30 seconds-don't let it burn!
4. **Build the Creamy Sauce:** Pour in the chicken broth to deglaze the pan, using a wooden spoon to scrape up all those flavorful browned bits. Stir in the heavy cream and the remaining Cajun seasoning. Let it simmer gently for 3-5 minutes until it starts to thicken slightly.
5. **Bring it Together:** Whisk in the Parmesan cheese until melted. Return the sausage and shrimp to the skillet. Add the cooked pasta and toss everything together. If the sauce feels too thick, splash in some of that reserved pasta water until you reach a silky, "nappØ" consistency (where the sauce coats the back of a spoon).
6. **Final Flourish:** Taste your creation. Adjust the salt or pepper as needed. Garnish with plenty of fresh

- parsley and a squeeze of lemon to brighten the fats.
7. **Tips for Success: Don't Overcook the Shrimp:** Shrimp turn rubbery fast. Take them out of the pan the second they lose their translucency. They will warm back up when you toss them in the sauce at the end.
 8. **Control the : Heat:** Cajun blends vary wildly in salt and spice. If you are sensitive to salt, look for a "no-salt" blend and season manually.
 9. **Use : Fresh Parmesan:** The pre-shaken green can won't melt correctly. For a smooth sauce, grate your own cheese from a block.
 10. **Serving Suggestions and Pairings:** This pasta is a heavy hitter, so I like to serve it with something light or crunchy. A crisp Caesar salad or roasted asparagus works beautifully.
 11. **If you are looking for an appetizer to start the night,** this dish pairs perfectly with a beer cheese dip or even some sheet pan quesadillas if you're feeding a larger, hungrier group.
 12. **Nutritional Information (Per Serving):** Calories: 620 kcal
 13. **Protein:** 32g
 14. **Carbohydrates:** 48g
 15. **Fat:** 36g
 16. **Sodium:** 1,100mg
 17. **Storage and Leftover Tips:** Store any leftovers in an airtight container in the refrigerator for up to 3 days. When reheating, the cream sauce may "break" or become dry. To fix this, add a splash of milk or water before microwaving or reheating on the stovetop to bring back that creamy texture.
 18. **More Recipes You Will Love:** If you enjoyed the bold, Southern profile of this pasta, you absolutely have to try my Cajun chicken sausage gumbo. It's the ultimate comfort in a bowl!
 19. **Final Thoughts:** This Cajun Sausage & Shrimp Pasta is proof that you don't need a lot of time to create a restaurant-quality meal. It's bold, comforting, and always a hit with the family.
 20. **Did you try this recipe?** I'd love to hear your thoughts! Drop a comment below or tag us in your photos. Don't forget to follow ChefManiac for more weekly recipe inspiration.

SWAPS & NOTES

The Sausage: If you can't find Andouille, a good Kielbasa or even a spicy Italian sausage can work in a pinch.

The Pasta: Gluten-free pasta works wonderfully here-just ensure you don't overcook it, as it can get mushy in the cream sauce.

Veggie Boost: Feel free to add sliced mushrooms or spinach at the end for extra nutrition.

Cook the Pasta Bring a large pot of heavily salted water to a boil.

TIPS FOR SUCCESS

Don't Overcook the Shrimp: Shrimp turn rubbery fast.

Take them out of the pan the second they lose their translucency.

They will warm back up when you toss them in the sauce at the end.

Control the Heat: Cajun blends vary wildly in salt and spice.

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

Original recipe: <https://chefmaniac.com/better-than-a-bistro-how-to-make-the-most-flavorful-cajun-seafood-pasta-at-home/>