

Cajun Shrimp and Sausage Pasta

Cajun shrimp and Andouille sausage tossed in a spicy sauce topped with green onion.

Course	Main Course
Cuisine	Cajun
Prep Time	15 minutes
Cook Time	35 minutes
Total Time	50 minutes
Servings	2
Calories	681kcal
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Ingredients

- 0.33 pound fettuccine or linguine, spaghetti, etc
- 0.67 pounds shrimp cleaned and deveined
- 0.67 tablespoons Cajun spice seasoning divided, plus more to taste
- 0.17 teaspoon baking soda
- 4 ounces Andouille sausage thin sliced
- 1 tablespoons olive oil
- 0.67 large bell peppers diced
- 0.33 medium onion diced
- 1 ribs celery diced
- 0.67 cups low sodium chicken stock
- 0.5 tablespoons Worcestershire sauce
- 0.25 cup heavy cream
- 1.67 green onions sliced
- 0.67 cups reserved pasta water will most likely not need it all

Instructions

1. Bring a large pot of salted water (2 tablespoons kosher salt) to boil. In a bowl mix shrimp with baking soda and 1 tablespoon of Cajun seasoning and wait 10 minutes before cooking.
2. Heat your largest pan to medium heat and sear the shrimp in olive oil until cooked through (about 3-4 minutes). Place the shrimp on a plate and tent with foil.
3. Add the Andouille sausage to the same pan and cook for a couple of minutes per side or until some color develops. Remove the sausage with a slotted spoon and place it on the same plate as the shrimp and keep tented with foil.
4. Add the onions, peppers, and celery to the pan and saute for about 10-12 minutes or until they take on some color and soften considerably. If needed, add a touch more olive oil for the saute process. At this time begin boiling the pasta to 2-3 minutes less than al dente.
5. Once the peppers are soft add in the chicken stock and Worcestershire sauce and bring to a

simmer. With a wooden spoon scrape up all of the brown bits from the pan.

6. Add the cream and bring to a simmer. Once the sauce starts to thicken (about 2-3 minutes) add the pasta and continue to simmer while stirring frequently. Add some of the reserved pasta water to keep everything moist while the pasta cooks.
7. Add the sausage and shrimp about 1 minute before the pasta reaches al dente then turn off the heat. Add the green onions and taste test. Add more of the Cajun seasoning to taste. **Note:** It's best to wait to add more of the seasoning due to the spicy nature of the Andouille.
8. If the pasta dries out before serving just add a bit of reserved pasta water to thin it out. Enjoy!

Notes

- Commercial Cajun seasoning will have varying sodium levels. Adjust accordingly to your taste preferences.
- Baking soda is used to brine the shrimp which makes them plumper and juicier. You only need to use a ¼ to ½ teaspoon per pound of shrimp. Feel free to skip the step if you like.
- Any sausage (Italian, chorizo, etc) can be substituted for Andouille.
- Leftovers can be saved for up to 3 days and can be reheated in the microwave or on the stovetop.

Nutrition

Calories: 681kcal | Carbohydrates: 64.9g | Protein: 56.4g | Fat: 21.3g | Saturated Fat: 6.7g |
Cholesterol: 370mg | Sodium: 916mg | Potassium: 577mg | Fiber: 3.9g | Sugar: 6.6g | Calcium: 164mg |
Iron: 4mg