

# CREAMY CAJUN SHRIMP PASTA

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COOK TIME: 20mins

SERVES: 4

CALORIES: 508 kcal (PER SERVING)

## INGREDIENTS

10.5 oz/300 g linguine  
14 oz/400 g shrimp, peeled and deveined  
2 tbsp cajun seasoning, divided  
1 tsp each: salt, black pepper, garlic powder  
2 tbsp olive oil, divided  
1 tbsp butter  
1 bell pepper, diced  
1 small brown onion, finely chopped  
4 garlic cloves, minced  
1 cup/240 ml cream 20% fat  
2 oz/50 g baby spinach  
2 tbsp lemon juice  
1 Oz/30 g grated Parmesan  
red peper flakes, for serving  
freshly ground black pepper, for serving

## DIRECTIONS

Get all the prep done before you start cooking. Peel and devein the shrimp, pat dry with a paper towel. Combine with 1 tablespoon Cajun seasoning,  $\frac{1}{2}$  tsp salt,  $\frac{1}{2}$  black pepper, 1 teaspoon garlic powder and 1 tablespoon oil. Set aside. Dice the bell pepper, mince the garlic and finely chop the onion.

Cook linguine according package directions in a large pot of generously salted boiling water.

In the meantime, heat the butter and the remaining oil in a large nonstick skillet over medium high. Place the shrimp in a single layer, sear for 1 minute. Flip and sear the other side, 1 minute. Transfer to a clean plate.

Add bell pepper, onion and garlic, sauté for 5 minutes, stirring occasionally. Stir in the remaining Cajun seasoning, salt and black pepper. Scoop up 1 cup pasta cooking water. Deglaze the skillet with  $\frac{1}{2}$  cup cooking water, reduce the heat and simmer for 2 minutes while scraping up the brown bits on the bottom of the skillet with a wooden spoon.

Pour in cream and bring to a simmer. Add spinach and stir just until it starts to wilt. Next, stir in grated Parmesan and add lemon juice.

When ready, drain the pasta and toss with sauce. Add shrimp, give it a good stir and add a splash of the remaining cooking water. Taste and adjust salt. Finish off with freshly ground black pepper and red pepper flakes. Serve immediately, enjoy!

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