Louisiana HARVEST of the MONTH

Cajun Shrimp Pasta

Home Recipe

Serves: 8
Cook Time: 30 minutes

Ingredients

- 8 ounces penne pasta
- 1-pound large shrimp, peeled and deveined
- 1 Tbsp olive oil
- 3 tsp Cajun seasoning, divided
- ½ tsp black pepper
- ½ tsp smoked paprika
- 2 Tbsp unsalted butter
- 2 garlic cloves, minced
- ½ cup diced tomatoes
- 1 cup heavy whipping cream
- ½ cup chicken stock
- ½ cup grated Parmesan cheese
- 4 ounces fresh spinach
- 2 Tbsp fresh parsley

Nutrition Facts

servings per container
Serving size **(174g)**

Amount per serving
Calories **330**

	% Daily Value*
Total Fat 19g	**24%**
Saturated Fat 10g	**50%**
Trans Fat 0g	
Cholesterol 120mg	**40%**
Sodium 480mg	**21%**
Total Carbohydrate 24g	**9%**
Dietary Fiber 1g	**4%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 15g	
Vitamin D 1mcg	6%
Calcium 132mg	10%
Iron 2mg	10%
Potassium 207mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking Instructions

1) Cook the penne pasta in a pot of salted water until it is al dente, according to package instructions. Drain the water and cover the pasta to keep it warm.
2) Coat the shrimp with 1 tsp of the Cajun seasoning, ½ tsp of black pepper and ½ tsp of smoked paprika. In a deep skillet, heat one tablespoon of oil over medium heat. Once it is hot, add the seasoned shrimp in a single layer and sauté for about 1-2 minutes per side, or until the shrimp is no longer translucent, remove the shrimp from skillet and cover it to keep it warm.
3) In the same skillet, melt two Tbsp of butter. Add the minced garlic and cook 30 seconds, until fragrant. Add the diced tomatoes and sauté for about 2-3 minutes.
4) Pour in the heavy whipping cream, the remaining 1 tsp of Cajun seasoning and grated Parmesan cheese. Bring to a simmer then reduce to medium/low heat and continue to simmer for 2-3 minutes or until the sauce thickens.
5) Add the shrimp and spinach to the skillet and allow the mixture to cook until the spinach has wilted.
6) Add the pasta to the pot and stir until the noodles are coated in sauce and everything is heated through. Garnish with chopped parsley if desired and serve.

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