

CREAMY CAJUN SHRIMP PASTA

Ingredients

1 lb (500 g) pasta	2 Tbsp Cajun seasoning
1 lb (500 g) shrimp/prawns, peeled and deveined	2 Tbsp butter
1 Tbsp olive oil	2 tsp crushed fresh garlic
1 tsp garlic powder	1 cup white wine (such as Sauvignon Blanc)
1 tsp paprika	1 cup heavy cream
1 tsp chili flakes	1 to 2 tsp fresh lemon juice
2 tsp oregano	Salt and pepper to taste

Directions

1. Place a large pot of salted water over medium heat. Bring to the boil then season generously with salt.
2. Once boiling, add the pasta and cook according to package directions until al dente. Reserve 1 cup of water then drain and set aside.
3. Place the peeled and deveined shrimp in a large bowl then add the olive oil, crushed garlic, half of the seasonings, and a generous pinch of salt.
4. Stir to coat the shrimp in the spices.
5. Heat a large skillet or pan over medium-high heat. Sear the shrimp for a minute per side until they are golden brown and just cooked. Remove and set aside.
6. In the same pan, melt the butter and add the garlic. Cook for 30 seconds then add the remaining spices. Cook for another 30 seconds then pour in the white wine. Allow the pan to deglaze and the wine to reduce by half.

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Directions, cont.

7. Pour in the cream and season with salt and pepper. Allow the cream to simmer for 5 minutes or until the sauce coats the back of a spoon. Taste and adjust seasoning if necessary.
8. Add the shrimp back to the pan with a squeeze of fresh lemon. Allow the shrimp to heat through.
9. Toss the creamy sauce and shrimp with cooked pasta of your choice and a splash of the reserved pasta water and serve scattered with fresh parsley and oregano (optional).

Serves 4