

Plate Dream

Cajun Shrimp and Salmon with Garlic Cream Sauce

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Cajun** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 2 salmon fillets (about 6 oz each), skin on
- [ ] 2 tbsp Cajun seasoning
- [ ] 1 tbsp olive oil
- [ ] 2 tbsp butter
- [ ] 3 cloves garlic, minced
- [ ] 1 cup heavy cream
- [ ] 1 tbsp lemon juice
- [ ] Salt and black pepper to taste
- [ ] Fresh parsley, chopped (for garnish)

Instructions

1. Season the shrimp and salmon generously with Cajun seasoning, letting the spices cling to the protein.
2. Heat olive oil in a large skillet over medium-high heat; place salmon skin-side down, cooking 3-4 minutes until crisp. Flip and cook another 2 minutes, then set aside.
3. In the same skillet, add butter and the shrimp; sauté until they turn pink, about 2 minutes per side. Remove shrimp and set aside with salmon.
4. Reduce heat to medium, add minced garlic, stirring until fragrant (about 30 seconds). Pour in heavy cream, stirring continuously; let it simmer gently until it thickens, then stir in lemon juice, salt, and pepper.
5. Return the salmon and shrimp to the pan, spooning the sauce over them; let everything warm together for another minute.
6. Plate the salmon and shrimp, drizzle with extra sauce, and garnish with chopped parsley.

Nutrition per serving

420 kcal	32 g	5 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add a splash of chicken broth or water.
- For extra depth, deglaze the pan with a splash of white wine before adding cream.
- Adjust the Cajun heat by reducing or increasing cayenne in the seasoning.