

Plate Dream

Creamy Spicy Cajun Sausage Pasta Quick Weeknight Dinner

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb beef Cajun sausage, sliced
- [ ] 12 oz fettuccine or linguine
- [ ] 1 cup heavy cream
- [ ] 3/4 cup grated Parmesan cheese
- [ ] 2 tbsp olive oil
- [ ] 1 tsp Cajun seasoning
- [ ] 1 tbsp lemon juice
- [ ] 2 cloves garlic, minced
- [ ] Salt and pepper to taste

Instructions

1. Bring a large pot of salted water to a boil; add pasta and cook until al dente, about 9 minutes.
2. Meanwhile, heat olive oil in a large skillet over medium-high heat. Add the sliced sausage and cook, stirring occasionally, until browned and crisp, about 5 minutes.
3. Add minced garlic and Cajun seasoning to the skillet; sauté for 30 seconds until fragrant, being careful not to burn.
4. Pour in the heavy cream, reduce heat to medium, and stir gently. Let the sauce simmer for 2-3 minutes until it begins to thicken.
5. Stir in the grated Parmesan and lemon juice; continue to cook, whisking, until the cheese melts and the sauce becomes silky.
6. Drain the pasta, reserving 1/2 cup of the cooking water. Toss the pasta into the skillet, coating each strand with the sauce. If needed, add a splash of the reserved water to loosen the sauce.
7. Season with salt and pepper, taste, and adjust the Cajun heat if desired. Sprinkle an extra pinch of Cajun seasoning for a final pop.
8. Serve immediately, garnished with additional Parmesan and a drizzle of olive oil. Pair with a simple green salad.

Nutrition per serving

620 kcal	28 g	45 g	38 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a deeper flavor, let the sausage rest on a paper towel after cooking to absorb excess oil.
- If the sauce looks too thick, thin it with a little pasta water or extra cream.
- A splash of white wine after sautéing the garlic can add subtle acidity.