Zucchini Bread Recipes

Cajun Shrimp and Salmon with Garlic Cream Sauce

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

Ingredients

Seafood & Base

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 2 salmon fillets (about 6 oz each)
- [ ] 2 tbsp Cajun seasoning
- [ ] 2 tsp smoked paprika
- [ ] 1 tbsp olive oil
- [ ] 1 tbsp butter

Garlic Cream Sauce

- [ ] 1 cup heavy cream
- [ ] 3 cloves garlic, minced
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp fresh lemon juice
- [ ] Salt and pepper to taste
- [ ] 2 tbsp fresh parsley, chopped

Instructions

1. Pat the shrimp and salmon dry. Sprinkle both sides with Cajun seasoning and smoked paprika; let them rest for a few minutes.

2. Heat olive oil and butter in a large skillet over medium-high heat. Add the salmon, skin side down, and sear 3-4 minutes until golden. Flip and sear the shrimp for 2 minutes, then set both aside.

3. Reduce heat to medium. Add minced garlic to the pan; sauté until fragrant, about 30 seconds. Pour in the heavy cream, stirring constantly; let it simmer gently until it thickens, about 3-4 minutes.

4. Return the shrimp and salmon to the skillet. Drizzle lemon juice, sprinkle lemon zest, and fold in parsley. Cook just until the seafood is warmed through, about 2 minutes.

5 Serve immediately over a bed of rice, quinoa, or steamed vegetables. Enjoy the warm, creamy sauce that clings to each bite.

Nutrition per serving

420 kcal	35 g	5 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Avoid over-cooking the shrimp; they turn rubbery quickly.
- If the sauce seems too thick, thin with a splash of chicken broth or water.
- For extra smoky depth, add a pinch of smoked sea salt.