

# Cajun Shrimp Fettuccine



Recipe - Cajun Shrimp Fettuccine

## PER SERVING:

Serves: 4

Prep Time: 25 minutes

Cook Time: 15 minutes

Approximate nutritional values per serving (1¾ cups): 508 Calories, 19g Fat (7g Saturated),

Cholesterol: .....180mg

Sodium: .....980mg

Carbohydrates: .....55g

Fiber: .....5g

Sugars: .....9g

Protein: .....29g

## INGREDIENTS

### Cajun Seasoning

- 1 teaspoon Freedom's Choice® Garlic Powder
- 1 teaspoon Freedom's Choice® Oregano Leaves
- 1 teaspoon Freedom's Choice® Paprika
- ½ teaspoon Freedom's Choice® Onion Powder
- ½ teaspoon salt
- ¼ teaspoon Freedom's Choice® Ground Black Pepper
- ¼ teaspoon Freedom's Choice® Ground Cayenne Pepper
- ¼ teaspoon ground thyme

### Shrimp Fettuccine

- 1 pound Freedom's Choice® Jumbo EZ Peel Shell On Tail On Raw Shrimp, thawed, peeled and tail shells removed
- ½ (16-ounce) package Freedom's Choice® Fettuccine Noodles
- 2 tablespoons Freedom's Choice® Extra Virgin Olive Oil
- 1 medium green and/or red bell pepper, thinly sliced
- ½ medium white onion, thinly sliced
- 2 garlic cloves, minced
- 2 tablespoons fresh lemon juice
- 1 cup Freedom's Choice® Mushroom Pasta Sauce
- ¼ cup Freedom's Choice® Heavy Whipping Cream
- ¼ cup Freedom's Choice® 100% Grated Parmesan and Romano Cheese

## DIRECTIONS:

1. Prepare Cajun Seasoning: In medium bowl, whisk all ingredients. Makes about 1½ tablespoons.
2. Prepare Shrimp Fettuccine: Add shrimp to bowl with Cajun Seasoning; toss. Prepare fettuccine as label directs; drain, return to saucepot and cover.
3. In large skillet, heat 1 tablespoon oil over medium-high heat. Add shrimp; cook 2 minutes, turning once. Transfer shrimp to clean bowl; cover loosely to keep warm.
4. In same skillet, heat remaining 1 tablespoon oil over medium-high heat. Add bell pepper and onion; cook 4 minutes or until vegetables are almost tender, stirring occasionally. Add garlic and lemon juice; cook 1 minute, stirring frequently. Add pasta sauce; cook 2 minutes or until heated through, stirring occasionally. Add cream and shrimp; cook 3 minutes or until shrimp turn opaque throughout, stirring frequently. Add fettuccine; cook 1 minute or until heated through, tossing to coat. Makes about 7 cups.
5. Serve Cajun Shrimp Fettuccine sprinkled with cheese.



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