



# Cajun Shrimp & Asparagus Pasta

🕒 15 minutes prep 🕒 15 minutes cook

🍴 4 servings

## Ingredients

2 cup Penne (dry, use whole wheat or legume pasta for higher fiber, sub gluten free pasta for Celiac friendly)

1 1/2 lb Raw shrimp (large, peeled, deveined)

4 cup Asparagus (woody ends snapped, cut into 2-inch pieces)

2 tbsp Extra virgin olive oil

### Cajun Seasoning

1 1/2 tsp Smoked paprika	1/2 tsp Black pepper
1 tsp Garlic powder	1/2 tsp Red pepper flakes
1/2 tsp Onion powder	1/4 tsp Salt
1/2 tsp Oregano	1/8 tsp Cayenne pepper
1/2 tsp Dried thyme	

### Sauce

1 cup Whole milk (use soy milk or other non-dairy milk for dairy-free)

1 1/2 tsp Corn starch

1/4 cup Shredded parmesan cheese (sub Nutritional yeast in about half this amount for dairy-free)

## Nutrition per serving (2 cups)

Calories	491 kcal	Fat	14 g
Carbs	54 g	Protein	38 g
Fiber	5 g	Sugar	7 g
Cholesterol	226 mg	Sodium	1243 mg
Vitamin A	1946 IU	Vitamin B1	0.3 mg
Vitamin B2	0.3 mg	Vitamin B3	5.5 mg
Vitamin B12	2.3 µg	Vitamin C	8 mg
Vitamin D	0.9 µg	Calcium	298 mg
Vitamin E	5 mg	Iron	5 mg
Folate	115 µg	Zinc	3.7 mg

## Directions

1. Cook penne al dente according to package instructions. Drain water from pasta and set aside.
2. While pasta cooks, peel and devein shrimp; set aside. Snap woody ends from asparagus and discard, then snap into 2-inch pieces.
3. Mix together spices for Cajun Seasoning in a small bowl and set aside: smoked paprika, garlic powder, onion powder, oregano, thyme, black pepper, salt, cayenne pepper, and red pepper flakes.
4. Heat a large skillet over medium heat. Once hot, add olive oil, prepared shrimp and asparagus. Stir occasionally to ensure shrimp and asparagus cooks evenly and cook about 10 minutes. Shrimp is cooked once opaque and pink; asparagus should be tender-crisp: still firm, but soft enough to pierce with a fork.
5. Add Cajun seasoning blend and cooked pasta to shrimp and asparagus. Cook another 2-3 minutes until spices become fragrant, stirring frequently to evenly distribute spices.
6. Use a whisk or fork to stir cornstarch into milk, making sure no clumps remain. Add milk with cornstarch and Parmesan cheese to shrimp, pasta, and asparagus. Stir constantly while cheese melts to evenly incorporate sauce. Serve garnished with extra Parmesan cheese if desired.

## Notes

Total time: 30 min

Prep time: 10-15 min | Cook time: 15-20 min

Serving Size 2 cups

### Pro Tip

Sub or add other types of vegetables such as spinach, zucchini, or mushrooms

Sub chickpeas in place of shrimp for a vegetarian option. Double the amount of cayenne pepper for a more traditionally very spicy dish.

### Picky Eater Tips

Omit red pepper flakes and cayenne pepper for a low-spice version. Cook a small amount of shrimp and asparagus without seasoning and set these aside separately for picky eaters to try. Set aside a small amount of pasta. Serve ingredients individually, with an option to try the dish as a whole.

### Cooking Equipment

Large pot | Large sauté pan | Small bowl

### Leftovers

Refrigerate in an airtight container up to 3 days. Not recommended to freeze.

Make mealtime easier with the  
Peas and Hoppy Meal Guides app!

Start a FREE trial of the Peas & Hoppy Meal  
Guides at [www.PeasAndHoppiness.com](http://www.PeasAndHoppiness.com) →



## Nutrition

---

## Notes

---