

Long Livo

One Pot Creamy Cajun Sausage Pasta

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

Ingredients

Main Ingredients

- [ ] 12 oz penne pasta
- [ ] 8 oz lamb sausage, sliced
- [ ] 1 cup heavy cream
- [ ] 1 cup low-sodium chicken broth
- [ ] 2 tbsp Cajun seasoning
- [ ] 1 tbsp olive oil
- [ ] 2 cloves garlic, minced
- [ ] 1/2 cup grated Parmesan cheese
- [ ] Juice of 1/2 lemon
- [ ] Salt and pepper to taste
- [ ] Fresh parsley, chopped (for garnish)

Instructions

1. In a large pot, heat olive oil over medium heat; add the sliced lamb sausage and brown it, letting the spices release their aroma.
2. Add minced garlic and Cajun seasoning, stirring for about 30 seconds until fragrant.
3. Pour in the chicken broth, bring to a simmer, then add the uncooked pasta; cook, stirring occasionally, until the pasta is just shy of al dente.
4. Stir in the heavy cream and Parmesan; reduce heat to low, letting the sauce thicken, then squeeze in lemon juice and adjust seasoning with salt and pepper.
5. If the sauce looks too thick, add a splash of reserved pasta water until you reach the desired consistency.
6. Serve hot, sprinkled with fresh parsley and an extra pinch of Cajun seasoning if you like more heat.

Nutrition per serving

520 kcal	22 g	45 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra kick, add a pinch of red pepper flakes when sautéing the garlic.
- If you prefer a lighter version, substitute half-and-half for the heavy cream.
- Taste the sauce before adding salt; the sausage and cheese already bring seasoning.