

Choco Fever Dream

# Creamy Spicy Cajun Sausage Pasta Quick Weeknight Dinner

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| **15 min**<br>Prep time | **20 min**<br>Cook time | **35 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 1 lb Cajun sausage, sliced
- [ ] 12 oz penne pasta
- [ ] 1 cup heavy cream
- [ ] 2 tbsp olive oil
- [ ] 1 tsp smoked paprika
- [ ] ½ tsp cayenne pepper
- [ ] 1 lemon, zest and juice
- [ ] ½ cup grated Parmesan
- [ ] 2 cloves garlic, minced
- [ ] ¼ cup chicken broth

## Instructions

1. Bring a large pot of salted water to a boil; cook the penne al dente, then drain, reserving ½ cup of pasta water.
2. In a large skillet, heat olive oil over medium-high. Add the sliced sausage and sauté until browned, about 4-5 minutes; set aside.
3. Reduce heat to medium, add garlic, smoked paprika, and cayenne; stir for 30 seconds until fragrant, then pour in the chicken broth and scrape up any browned bits.
4. Stir in the heavy cream, lemon zest, and lemon juice; let simmer gently for 3-4 minutes, then fold in the cooked pasta, sausage, and Parmesan. Toss with reserved pasta water if needed to reach desired consistency.
5. Season with salt and pepper to taste, garnish with extra Parmesan and a drizzle of olive oil, and serve immediately.

### Nutrition per serving

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

### Tips & notes

- If the sauce thickens too quickly, add a splash of warm broth or pasta water.
- Taste for heat before adding extra cayenne; the sausage already carries spice.
- For a smoky twist, finish with a pinch of liquid smoke.