



Cajun Salmon and Shrimp with Creamy Mashed Potatoes



Ingredients for the Salmon:

- 2 Salmon fillets (skin-on)
- 1 TBLS Olive oil
- 1 TBLS Butter
- 1 tsp Cajun seasoning
- Salt and freshly ground black pepper

Ingredients for the Shrimp:

- ½ lb. large shrimp, peeled and deveined
- 1 TBLS Butter
- ½ tsp Cajun seasoning
- 1 Clove garlic, minced
- A Squeeze of lemon juice

Ingredients for the Cajun Cream Sauce:

- 1 TBLS Butter
- 2 Cloves garlic, minced
- 1 cup Heavy cream
- ¼ Grated Parmesan cheese
- 1 tsp Cajun seasoning
- Salt and pepper to taste
- 1 TBLS chopped parsley (for garnish)

Ingredients for the Mashed Potatoes:

- 3 large Potatoes, peeled and cut into chunks
- 3 TBLS Butter
- 1/3 -1/2 Warm milk or cream
- Salt and black pepper to taste

Method:

1. Boil the potatoes in salted water until soft and tender, about 15–20 minutes. Drain well, then mash with butter and milk until smooth and creamy. Season with salt and pepper to taste and keep warm.
2. Pat salmon fillets dry and season with Cajun spice, salt, and pepper.
3. Heat olive oil and butter in a skillet over medium-high heat. Sear salmon skin-side down for 4–5 minutes until crisp, then flip and cook another 2–3 minutes until golden and just cooked through. Remove from the pan and set aside.
4. In the same pan, melt butter and add minced garlic. Sauté for about 30 seconds. Add shrimp, sprinkle with Cajun seasoning, and cook 1½–2 minutes per side until pink and



5. Using the same skillet, melt butter and sauté garlic for 30 seconds. Pour in the heavy cream and let it simmer gently for 2–3 minutes. Stir in Parmesan cheese and Cajun seasoning until the sauce turns thick and silky. Season with salt and pepper, then toss the shrimp back into the sauce to coat evenly.
6. Spoon a generous portion of mashed potatoes onto each plate. Place a salmon fillet on top and arrange the shrimp alongside. Drizzle with the rich Cajun cream sauce over the salmon and potatoes.
7. Finish with chopped parsley and a dash of black pepper for a beautiful presentation.