



Cajun Seafood Alfredo with Lobster, Crab, and Salmon



Ingredients for the Seafood:

- 1 lobster tail, shell removed and cut into chunks
- ½ cup lump crab meat (fresh or canned, drained)
- 1 salmon fillet (6 oz), skin removed and cut into bite-sized pieces
- 1 tablespoon Cajun seasoning
- 1 tablespoon olive oil
- 1 tablespoon butter
- 2 cloves garlic, minced

Ingredients for the Cajun Alfredo Sauce:

- 2 tablespoons butter
- 3 cloves garlic, minced
- 1 ½ cups heavy cream (or half-and-half for a lighter option)
- 1 cup grated Parmesan cheese
- 1 teaspoon Cajun seasoning (adjust to taste)
- ½ teaspoon smoked paprika
- ½ teaspoon red pepper flakes (optional, for extra spice)
- Salt & black pepper, to taste
- ¼ cup pasta water (reserved)

Ingredients for the Pasta:

- 12 oz fettuccine (or pasta of choice)
- 1 tablespoon salt (for boiling water)

Ingredients or Garnish:

- 2 tablespoons fresh parsley, chopped
- Lemon wedges
- Extra Parmesan cheese

Method:

1. Bring a large pot of salted water to a boil. Cook the fettuccine according to package instructions until al dente.



2. In a large pan, heat olive oil and butter over medium heat.
3. Season the salmon, lobster, and crab meat with Cajun seasoning.
4. Cook the salmon pieces for 3-4 minutes per side until golden brown and flaky. Remove and set aside.
5. In the same pan, add the lobster chunks and sauté for 3 minutes until opaque. Stir in the crab meat and minced garlic, cooking for another 2 minutes. Remove and set aside.
6. In the same pan, melt 2 tablespoons of butter over medium heat.
7. Add minced garlic and sauté for 1 minute until fragrant.
8. Pour in the heavy cream and bring to a gentle simmer. Stir in Cajun seasoning, smoked paprika, red pepper flakes (if using), salt, and black pepper.
9. Gradually whisk in Parmesan cheese, stirring until smooth and creamy. Add reserved pasta water if needed to loosen the sauce.
10. Add the cooked fettuccine to the sauce, tossing to coat evenly.
11. Gently fold in the cooked seafood, allowing it to warm through for 1-2 minutes.
12. Garnish with fresh parsley, extra Parmesan, and a squeeze of lemon.
13. Serve immediately with crusty bread or a side salad.