

Treasure Barrel

Creamy Spicy Cajun Beef Sausage Pasta – Quick Weeknight Dinner

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz (340 g) penne pasta
- [ ] 1 lb (450 g) beef sausage, sliced
- [ ] 1 cup heavy cream
- [ ] 2 tbsp butter
- [ ] 1 tbsp Cajun seasoning
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 1 tsp lemon zest
- [ ] 2 tsp lemon juice
- [ ] 1 tsp honey
- [ ] Salt and pepper to taste

Optional Garnish

- [ ] Fresh parsley, chopped
- [ ] Extra lemon wedge

Instructions

1. Bring a large pot of salted water to a boil; cook the penne until al dente, then drain, reserving 1 cup of pasta water.
2. In a skillet over medium heat, melt butter and add the sliced beef sausage; brown lightly, about 4 minutes.
3. Sprinkle Cajun seasoning over the sausage, stirring to coat; let the spices toast for 1 minute until fragrant.
4. Add the heavy cream, lemon zest, lemon juice, and honey; stir gently, then simmer for 3–4 minutes until the sauce begins to thicken.
5. Toss the cooked pasta into the skillet, adding a splash of reserved pasta water if needed; stir in Parmesan until melted, season with salt and pepper, and finish with fresh parsley.

Nutrition per serving

620 kcal	28 g	45 g	38 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add a bit more pasta water.
- Taste before adding salt; the cheese already provides salinity.
- For extra smokiness, sprinkle a pinch of smoked paprika just before serving.