



Quick Cajun Seafood Alfredo

Ingredients

Fish of your choice, filleted
1 lb of Maine shrimp meats, cooked
Cajun seasoning, salt and pepper
Lemon juice
A little bit of butter, melted

For Pasta and Alfredo Sauce:

1 pound uncooked fettucine
2 Tbl. Butter
1 1/4 cups half and half
1 cup grated fresh parmesan cheese
1/2 teaspoon salt
1/2 teaspoon black pepper
1 onion, chopped
1 green pepper, diced
Chopped parsley and lemon for garnish

Directions

Preheat oven to 350 degrees. Spread fish with butter, sprinkle with lemon juice, Cajun seasoning, salt and pepper. Bake until fish flakes easily.

Saute green pepper and onion in 1 Tbl of butter. Cook pasta according to package directions. Melt second tablespoon of butter in a large skillet over medium heat. Add half and half, cheese, salt, and pepper, cook 1 minute, stirring constantly. Reduce heat; add pasta, veggies, shrimp and fish, tossing gently to coat. Add a little more Cajun seasoning if needed. Garnish with parsley and lemon.