

# Surf & Turf Cajun Pasta

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/steak-swiss-red-onion-sandwich-recipe>

## Ingredients:

- 24 ounces steaks Beef Filet, 1 1/2 Inches Thick, or Any Small/petite Steak
- Cajun seasoning
- 2 tablespoons butter
- 3 tablespoons olive oil
- 1 pound jumbo shrimp Deveined & Shells Removed
- 1 whole red onion Small, Halved And Sliced
- 1 whole green bell pepper Seeded, Halved, And Sliced
- 1 whole red bell pepper Seeded, Halved, And Sliced
- 3 cloves garlic Minced
- 1/2 cup white wine
- 1 1/2 cups low sodium chicken broth more To Taste
- 3/4 cup heavy cream
- 1/2 cup Parmesan cheese Grated
- 2 whole tomatoes Diced
- parsley Minced, To Taste
- 1 pound fettuccine Rigatoni, Or Other Noodle

## Nutrition:

1. Calories: 1000 calories
2. Carbohydrate: 98 grams
3. Cholesterol: 270 milligrams
4. Fat: 45 grams
5. Fiber: 5 grams
6. Protein: 46 grams
7. SaturatedFat: 20 grams
8. Sodium: 470 milligrams
9. Sugar: 7 grams

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