

Prep time: 15 minutes | Cook time: 20–25 minutes | Total time: 40 minutes
Method: Grill, oven, or campfire | Intensity: Easy (beginner-friendly, minimal cleanup)

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Why You'll Love This Recipe

Cajun Shrimp and Sausage Foil Packets are the ultimate weeknight dinner: juicy shrimp, smoky sausage, tender baby potatoes, and crisp-tender vegetables tossed in a bold Cajun butter sauce, all sealed inside individual foil packets. Everything cooks together in its own steam, so the shrimp stay plump, the potatoes turn buttery, and the flavors concentrate beautifully. There's no heavy pot to scrub—just unfold the foil and eat. It's equally at home on a backyard grill, in a hot oven, or over campfire coals, making it a go-to for busy families, meal prep, and outdoor cooking.

Ingredients

For the packets:

- 1 lb (450 g) large shrimp, peeled and deveined (tail-on or off, your choice)
- 12 oz (340 g) smoked andouille sausage, sliced into ¼-inch rounds
- 1 lb (450 g) baby potatoes, halved (or quartered if large)
- 2 cups corn kernels (fresh from 2 cobs, or frozen and thawed)
- 1 medium zucchini, sliced into half-moons
- 1 red bell pepper, cut into 1-inch pieces
- ½ medium red onion, sliced into wedges
- 4 sheets heavy-duty aluminum foil, about 12 × 18 inches each
- 2 tbsp olive oil (for par-cooking potatoes)
- Fresh parsley or sliced green onions, for garnish

- Lemon wedges, for serving

For the Cajun butter sauce:

- 6 tbsp (85 g) unsalted butter, melted
- 2 tbsp olive oil
- 1 tbsp Cajun seasoning (adjust to taste; see note)
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp cayenne pepper (optional, for extra heat)
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp fresh lemon juice

- 1 tsp Worcestershire sauce (optional, for depth)

Note on Cajun seasoning: Brands vary widely in salt and heat. If yours is salty, reduce the added salt to a pinch. Taste the butter sauce before tossing and adjust.

Equipment

- Large mixing bowl
 - Small bowl (for the sauce)
 - Sheet pan (optional, for oven method)
 - Grill, oven, or campfire coals
 - Instant-read thermometer (recommended)
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Instructions

Step 1: Prep the potatoes (10 minutes | Intensity: Light)

Baby potatoes take far longer to cook than shrimp, so they need a head start. Bring a

medium pot of salted water to a boil and par-boil the halved potatoes for 8–10 minutes, until just fork-tender but not falling apart. Drain well and let steam-dry for a minute. *Shortcut:* Microwave the potatoes in a covered bowl with 2 tbsp water for 5–6 minutes, then drain. This step is the difference between crunchy potatoes and perfect packets—don't skip it.

Step 2: Make the Cajun butter sauce (3 minutes | Intensity: Light)

In a small bowl, whisk together the melted butter, olive oil, Cajun seasoning, smoked paprika, garlic powder, onion powder, cayenne (if using), salt, pepper, lemon juice, and Worcestershire. Whisk until emulsified and fragrant. Taste and adjust: it should be bold, slightly salty, and warmly spicy.

Step 3: Toss the fillings (5 minutes | Intensity: Light)

In the large bowl, combine the par-boiled potatoes, sausage, corn, zucchini, bell pepper, and onion. Pour about two-thirds of the Cajun butter sauce over the vegetables and sausage and toss well to coat. Reserve the remaining sauce for the shrimp.

Step 4: Build the foil packets (5 minutes | Intensity: Light)

Lay the four foil sheets flat. Divide the vegetable-sausage mixture evenly among them, mounding it in the center. Add the raw shrimp to the bowl with the reserved sauce, toss to coat, and divide evenly among the packets, nestling the shrimp on top of the vegetables. Bring the long edges of the foil together and fold over tightly in ½-inch folds, then fold in the short ends to seal, leaving a little headspace inside for steam. *Tip:* Double-wrap if cooking over a hot grill or campfire to prevent tearing.

Step 5: Cook (20–25 minutes | Intensity: Moderate—check at the 18-minute mark)

Choose one method:

- Grill (medium-high heat, 400–425°F / 205–220°C): Place packets directly on grates, cover, and cook 18–22 minutes, turning once halfway, until potatoes are fully tender and shrimp are opaque and pink.
- Oven (425°F / 220°C): Arrange packets on a sheet pan and bake 20–25 minutes, until shrimp are cooked through and vegetables are tender.
- Campfire: Set packets over medium coals (not roaring flames) for 15–20 minutes, turning every 5 minutes with tongs.

Doneness cue: Shrimp are done when opaque, pink, and curled into a loose “C” (a tight “O” means overcooked). An instant-read thermometer should read 145°F (63°C) in the thickest shrimp.

Step 6: Rest and serve (3 minutes | Intensity: Light)

Carefully open one packet away from your face—steam is intense. Let packets rest 2–3 minutes, then garnish with parsley or green onions and serve with lemon wedges. Eat straight from the foil or slide onto plates with rice or crusty bread to soak up the Cajun butter.

Time and Intensity Summary

Stage	Time	Intensity
Par-boil potatoes	8–10 min	Light
Make sauce	3 min	Light
Toss fillings	5 min	Light
Build packets	5 min	Light
Cook (grill/oven/campfire)	20–25 min	Moderate (check at 18 min)

Stage	Time	Intensity
Rest and serve	3 min	Light
Total	~40 min	Easy overall

Tips for Success

- Don't overcook the shrimp. They cook fast inside the sealed packet. If your shrimp are jumbo (16-20 per lb), add 2-3 minutes; if small (31-40 per lb), check at 15 minutes.
 - Cut vegetables uniform and small. Everything should be bite-sized so it cooks evenly with the shrimp.
 - Watch the salt. Andouille and Cajun blends are both salty; taste the sauce before adding extra.
 - Make-ahead: Assemble packets up to 24 hours ahead, refrigerate, and cook straight from the fridge (add 3-4 minutes).
 - No foil? Use parchment packets on a sheet pan at 400°F for 20-25 minutes, or a covered baking dish.
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Nutrition (per packet, estimated)

Nutrient	Amount
Calories	~520 kcal
Total fat	~34 g
Saturated fat	~13 g
Cholesterol	~165 mg
Sodium	~980 mg
Total carbohydrates	~28 g
Fiber	~4 g
Sugars	~4 g
Protein	~26 g