

Cajun Chicken and Shrimp Sheet Pan Dinner



Simplify your weeknight dinners with this sheet pan meal bursting with colour and flavour! Inspired by Louisiana cuisine, this recipe combines lean proteins, crunchy vegetables, and comforting starches, all kicked up with a Cajun spice blend. A complete, nutritious, and hassle-free meal prepared entirely on a single baking sheet. For more quick and nourishing weeknight meal ideas, check out our [Top 10 Light Meals for Warm Summer Evenings](#).

Preparation 10 min

Cooking 35 min

Servings 4

Nutrition Facts (per serving)

Calories 520

Fat 14

Carbohydrates 52

Fibre 8

Protein 47

Sodium 390

Ingredients

- 500 g (1.1 lb) boneless chicken breasts, cut into strips
- 1 large unpeeled potato, washed and diced small
- 2 bell peppers (different colours), cut into large chunks

- 1 large red onion, cut into wedges
- 1 can (540 ml / 19 oz) chickpeas, rinsed and well drained
- 30 ml (2 tbsp) olive oil (or cooking spray)
- 30 ml (2 tbsp) Cajun seasoning, divided*
- 1 bag (160 g / 1/3 lb) medium raw shrimp, peeled, deveined, thawed, and patted dry
- Salt and pepper, to taste

Preparation

1. Preheat oven to 400 °F (200 °C). Line a large baking sheet (or two medium baking sheets) with parchment paper.
2. Arrange the chicken, potato, bell peppers, zucchini, red onion, and chickpeas on the baking sheet.
3. Drizzle with olive oil, then sprinkle with $\frac{3}{4}$ of the Cajun seasoning. Season to taste. Toss well using tongs to coat all ingredients, then spread out in a single layer.
4. Bake for 30 minutes.
5. In a bowl, toss the shrimp with the remaining $\frac{1}{4}$ of the Cajun seasoning.
6. Remove the baking sheet from the oven. Stir ingredients gently, then scatter the shrimp over top.
7. Return to the oven for 8 minutes, or until the internal temperature of the chicken reaches 74 °C (165 °F) and the shrimp are pink and opaque.

Notes

Keeps for 3 days in the refrigerator or up to 3 months in the freezer.

*You can replace the Cajun seasoning with equal parts paprika, thyme, oregano, onion powder, garlic powder, and a pinch of red pepper flakes.



Elsa Rochette – Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et créatrice culinaire

Registered Dietitian Nutritionist in Quebec City