



## Sheet Pan Shrimp and Sausage Bake

Jacob · 28/09/2024



### Prep Time

1 hr

### Difficult

Medium

### Servings

6

### Description

Easy shrimp and sausage bake delicious healthier and gluten free all on one big sheet pan in the oven

### Ingredients

- - cooking spray - 1 pound baby Yukon Gold potatoes
- quartered - 4 ears corn
- husked - 4 tablespoons olive oil
- divided - 3 tablespoons Creole seasoning - 1 lemon
- juiced - 1 tablespoon minced garlic - 2 teaspoons Italian seasoning - 1 teaspoon paprika
- divided - ½ teaspoon red pepper flakes - 1 pinch salt and ground black pepper - 1 red bell pepper
- cut into 2-inch pieces - 1 yellow bell pepper
- cut into 2-inch pieces - 1 orange bell pepper
- cut into 2-inch pieces - 1 ½ cups cherry tomatoes
- halved - 1 onion
- cut into 2-inch pieces - 4 andouille sausages
- sliced - 1 lemon
- cut into wedges - 1 pound uncooked medium shrimp
- peeled and deveined - ½ teaspoon Creole seasoning - 2 tablespoons chopped fresh parsley
- or to taste - finely chopped green onion
- or to taste

## **Instructions**

1. Gather all ingredients. Preheat the oven to 425 degrees F (220 degrees C). Spray a large sheet pan with cooking spray. Dotdash Meredith Food Studios Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender
2. 10 to 12 minutes. Dotdash Meredith Food Studios Add corn and boil for an additional 5 minutes. Drain. Cut corn into thirds. Dotdash Meredith Food Studios Meanwhile
3. combine 3 tablespoons olive oil
4. 3 tablespoons Creole seasoning
5. juice from 1 lemon
6. garlic
7. Italian seasoning
8. 1/2 teaspoon paprika
9. red pepper flakes
10. salt
11. and pepper in a small bowl. Mix well to combine and set seasoning mixture aside. Dotdash Meredith Food Studios Combine boiled potatoes and corn
12. all the bell peppers
13. cherry tomatoes
14. onion
15. and sausage slices in a large bowl. Add seasoning mixture and mix evenly. Dotdash Meredith Food Studios Spread potato mixture onto a sheet pan in a single layer. Place lemon wedges evenly on all sides of the sheet pan. Dotdash Meredith Food Studios Bake in the preheated oven for 8 minutes. Meanwhile
16. combine shrimp
17. 1 tablespoon olive oil
18. 1/2 teaspoon paprika
19. and 1/2 teaspoon Creole seasoning in a bowl. Marinate for a few minutes. Dotdash Meredith Food Studios Add shrimp to the sheet pan with the potato mixture after 8 minutes of baking and mix to combine. Dotdash Meredith Food Studios Return sheet pan to the oven and cook until shrimp are opaque
20. 6 to 8 minutes. Remove lemon wedges and garnish with parsley and green onions. Dotdash Meredith Food Studios