

No Mayo CAJUN SHRIMP AND CRAB SALAD



Ingredients :

- 1/2 lb cooked shrimp, chopped
- 1/2 lb imitation crab, shredded or chopped
- 1 stalk celery, finely diced
- 2 tbsp red bell pepper
- parsley for brightness

Vinaigrette

- 3 tbs olive oil
- 1 1/2 tbs fresh lemon juice (to taste)
- 1 tsp lemon zest
- 1 tsp Dijon mustard (optional but adds a little zip)
- 1 garlic clove minced
- 1 green onion or 2 tbsp red onion, finely chopped
- Salt and black pepper (to taste)
- ½ tsp honey (optional, balances heat)
- 1/2- 1 tsp Cajun seasoning (or more if you like a kick)
- ½ tsp smoked paprika

🔥 Quick Pan-Sear for Shrimp

- 1 tsp olive oil
- ½ tsp Cajun seasoning
- Pinch of salt and black pepper

1. Pat shrimp dry.
2. Toss with olive oil, Cajun seasoning, and a pinch of salt/pepper.
3. Heat a nonstick or cast iron skillet over medium-high heat.
4. Sear shrimp for 1–2 minutes per side, just until pink and lightly golden

Flavor Boosters:

- **Diced andouille sausage (cooked & cooled)** – adds smoky, meaty depth
- **Crumbled bacon** – salty, crispy, and indulgent
- **A dash of Worcestershire sauce** – subtle umami kick (just a tiny bit!)



Instructions

- Whisk all vinaigrette ingredients in a small bowl or jar until smooth.
- In a large bowl, mix shrimp, crab, celery, onion, bell pepper, and parsley.
- Pour vinaigrette over the salad and toss gently to coat.
- Chill for 30 minutes or longer before serving.