

Cajun Shrimp Cups

The following recipe is courtesy of Lauren Schulte. To see more of her bites and meals, visit her Instagram [@TheBiteSizePantry](#).

Ingredients

- 2 tbsp. salt
- 1 tbsp. cayenne pepper
- 1 tbsp. oregano
- 2 tsp. white pepper
- 2 tsp. black pepper
- 2 tsp. paprika
- 2 tsp. onion powder
- 2 tsp. garlic powder
- 1/2 butternut squash
- 1/3 cup chicken or vegetable stock
- 1/4 cup Rao's Alfredo Sauce
- 3/4 lb. cooked shrimp, equaling approx. 24 shrimp
- Phyllo dough, 10 sheets



Instructions

For the Butternut Squash Puree

1. Preheat your oven to 425°F. Line a baking sheet with parchment paper or tin foil.
2. Cut the stem off your butternut squash and slice it down the middle. Set one half aside and scoop out the seeds and stringy bits from the half you'll be using. Spray the flesh of the squash with cooking spray and place the butternut squash flesh-side-down on your baking sheet.
3. Bake the squash for approximately 30-40mins until the skin side (facing up) is easily pierced with a fork.
4. Remove the squash from your oven and let it cool. Scoop out the flesh and place it in either a food processor, blender or saucepot.
5. Add the stock and Alfredo sauce and blend until smooth. Then add the spices and mix until well incorporated.

Note: You'll want to save some of the spice blend to toss the shrimp in later before assembling your cups.

For the Phyllo Dough Cups

1. Lower your oven temp to 350°F and spray a mini muffin tin with cooking spray.
2. Layer 5 of the phyllo sheets, one on top of the other, and spray with cooking spray. You can also brush the top with butter if you wish too.
3. Cut the dough into 12 squares.
4. Gently press the phyllo squares into each of the muffin tin slots, pressing the sides together if they overlap.
5. Pop these in the oven for 5-7 minutes or until the sheets start to turn golden brown.
6. Take them out and let them cool before filling each with the Cajun squash puree.

To Assemble

1. Take a Ziplock bag and fill it with your shrimp and the leftover Cajun seasoning. Shake well so that the seasoning fully coats the shrimp.
2. Fill each phyllo dough cup with one tablespoon of squash puree, then top with a shrimp. I recommend cutting the shrimps in half so that it gives you an equal balance of shrimp and squash in each cup.
3. Present on a serving platter or tray and enjoy!