



In your box

- 1 tsp. Cajun Seasoning
- 2 Green Onions
- 1 oz. Butter
- 4 oz. Cremini Mushrooms
- 3 oz. Roasted Red Peppers
- ½ cup Instant Grits
- 2 oz. Shredded Cheddar Cheese
- 1 Tbsp. Tomato Paste

Customize It Options

- 8 oz. Shrimp
- 16 oz. Double Portion–Shrimp
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Impossible Burger

You will need

- Olive Oil, Salt, Pepper
- Small Pot, Medium Non-Stick Pan

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

Classic Meal Kit



Cajun Shrimp and Cheddar Grits

with roasted red peppers and mushrooms

NUTRITION per serving—Calories: 521, Carbohydrates: 38g, Sugar: 4g, Fiber: 4g, Protein: 28g, Sodium: 1674mg, Fat: 29g, Saturated Fat: 14g
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

35-45 min.

Cook Within

3 days

Difficulty Level

Intermediate

Spice Level

Mild

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Bring 2 cups **water** to a boil in a small pot
- Ingredient(s) used more than once: **seasoning blend**, **green onions**, **butter**

Customize It Instructions

- If using **16 oz. shrimp**, follow same instructions as 8 oz. shrimp, cooking in batches if necessary.
- If using **chicken breasts**, pat dry and, on a separate cutting board, cut into 1" dice. Season with half the seasoning blend and a pinch of pepper. Follow same instructions as shrimp in Step 3, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.
- If using **Impossible burger**, follow same instructions as shrimp in Step 3, seasoning with half the seasoning blend and a pinch of pepper and breaking up burger until heated through, 4-6 minutes.



1. Prepare the Ingredients

- Quarter **mushrooms**.
- Cut **roasted red peppers** into ½" dice.
- Trim and thinly slice **green onions**.
- Pat **shrimp** dry, and season all over with half the **seasoning blend** (reserve remaining for sauce) and a pinch of **pepper**.



2. Make the Grits

- Once **water** is boiling, stir in **grits** and ¼. tsp. **salt**. Reduce heat to low and stir constantly until grits are smooth, 3-4 minutes.
- Remove from burner. Stir in **cheese**, half the **green onions** (reserve remaining for garnish), half the **butter** (reserve remaining for sauce), and a pinch of salt and **pepper**. If grits are too thick, stir in 1 Tbsp. warm water. Cover and set aside.



3. Cook the Shrimp

- Place a medium non-stick pan over high heat and add 1 tsp. **olive oil**.
- Add **shrimp** to hot pan and cook until shrimp reaches a minimum internal temperature of 145 degrees, 2-3 minutes per side.
- Transfer shrimp to a plate. Reserve pan; no need to wipe clean.



4. Cook the Mushrooms

- Return pan used to cook shrimp to medium-high heat and add 2 tsp. **olive oil**.
- Add **mushrooms** to hot pan and stir occasionally until browned, 5-6 minutes.



5. Make Sauce and Finish Dish

- Add **tomato paste**, ½ cup **water**, and half the remaining **seasoning blend** (to taste; the rest is yours to do with as you please!) to hot pan. Cook until slightly thickened, 1-2 minutes.
- Stir in **roasted red peppers**, remaining **butter**, and **shrimp** until butter is melted.
- Season to taste with **pepper**. Remove from burner.
- Plate dish as pictured on front of card, topping **grits** with shrimp and sauce and garnishing with remaining **green onions**. Bon appétit!