



In your box

- 1 tsp. Cajun Seasoning
- 2 Green Onions
- 1 oz. Butter
- 4 oz. Cremini Mushrooms
- 3 oz. Roasted Red Peppers
- ½ oz. Honey Roasted Peanuts
- 8 oz. Shrimp
- ½ cup Instant Grits
- 3 oz. White Cheddar Cheese Slices
- 5 ½ fl. oz. Tomato Juice



Spicy Cajun Shrimp and White Cheddar Grits

with roasted peppers and mushrooms

NUTRITION per serving—Calories: 553, Carbohydrates: 41g, Fat: 32g, Protein: 29g, Sodium: 1728mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
3 days

Difficulty Level 
Easy

Spice Level 
Mild

① You will need

Olive Oil, Salt, Pepper

Small Pot, Medium Non-Stick Pan

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

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



1

Prepare the Ingredients

- Trim and thinly slice **green onions**.
- Quarter **mushrooms**.
- Cut **roasted red peppers** into ½" dice.
- Coarsely chop **peanuts**.
- Coarsely chop **cheese slices**.
- Pat **shrimp** dry, and season with ½ tsp. **Cajun seasoning** (reserve remaining for sauce) and a pinch of **pepper**.



2

Make the Grits

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



3

Sear the Shrimp

- Place a medium non-stick pan over high heat and add 1 tsp. **olive oil**.
- Add **shrimp** to hot pan and cook undisturbed until seared on one side, 2-3 minutes.
- Flip, and cook until shrimp reaches a minimum internal temperature of 145 degrees, 1-2 minutes.
- 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

Finish the Sauce

- Add **tomato juice** and half the remaining **Cajun seasoning** (to taste) and cook until slightly thickened, 1-2 minutes.
- Stir in **roasted red peppers**, remaining **butter**, and **shrimp**. Season to taste with **pepper**. Remove from burner.
- Plate dish as pictured on front of card, topping **grits** with **shrimp mixture** and garnishing with reserved **green onions** and chopped **peanuts**. Bon appétit!