



NUTRITION *per serving* 38g carbohydrates 28g fat 57g protein 1622mg sodium | low-calorie, gluten-free, soy-free, nut-free



Calories
625



Prep & Cook Time
25-35 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Medium

IN YOUR BOX

6 oz. Cremini Mushrooms
2 Garlic Cloves
1 Green Onion
2 Boneless Skinless Chicken Breasts
1 ½ Tbsp. Cajun Seasoning
14 ½ oz. Diced Tomatoes, Canned
2 tsp. Chicken Base
½ Cup Instant Grits
1 oz. Butter
2 oz. Shredded Cheddar Cheese

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Medium Pot
Baking Sheet
Medium Pan

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HOME CHEF

Cajun Chicken

with cheddar grits and cremini mushrooms

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **375 degrees**
- Bring **2 cups** of water to a boil in a **medium** pot
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** **Green onion** is used twice in this dish. White portions are used in **sauce** and green parts garnish dish.
- **Heads Up!** **Cajun seasoning** is used twice in this recipe. 1 Tbsp. seasons **chicken** and remaining is added to **sauce**.
- **Spice Alert!** **Cajun seasoning** is slightly spicy. To better control heat level of this dish, add a small amount to **sauce**, taste, and add remaining if desired.
- Be sure to keep an eye on **chicken** while searing. Slight blackening of **Cajun seasoning** is ideal, but can over-char if unattended.

FROM THE CHEF

If grits sit for a bit they may “tighten” up. If this happens, add 1-2 Tbsp. water to loosen up just before serving.

Did you know...

Covering meats and seafood with seasoning and searing until “blackened,” has long been a part of Cajun cuisine and was popularized throughout the country by the late, great Louisiana chef Paul Prudhomme.



1

Prepare the Ingredients

Quarter **mushrooms**. Mince **garlic**. Trim and thinly slice **green onion** on an angle, keeping white and green portions separate. Rinse **chicken breasts**, pat dry, and season with 1 Tbsp. **Cajun seasoning** (reserve remaining for sauce).



2

Sear the Chicken

Heat 2 tsp. **olive oil** in a medium pan over medium heat. Place **chicken breasts** in hot pan and cook 2-3 minutes per side, or until lightly browned. Transfer to prepared baking sheet. No need to wipe pan clean.



3

Finish the Chicken

Bake 8-10 minutes, or until **chicken** reaches a minimum internal temperature of 165 degrees and is browned. Remove chicken from oven and let rest 5 minutes.



4

Make the Sauce

While chicken is cooking, place pan used for chicken over medium-high heat with 1 tsp. **olive oil**. Place **mushrooms** in hot pan and cook 5 minutes, while stirring, until beginning to brown. Add **garlic** and white parts of **green onion** and cook 1 minute while stirring. Add **diced tomatoes**, **chicken base**, and remaining **Cajun seasoning** (add half at first, taste, and add more if desired) to pan. Bring to a simmer and cook 5 minutes, or until sauce thickens slightly. Season with ½ tsp. **salt** and a pinch of **pepper**.



5

Cook the Grits

Whisk **grits** into boiling water and cook 1 minute. Reduce heat to a simmer, cover, and cook 5-7 minutes, or until grits are no longer grainy in appearance. Stir in **butter** and **shredded cheddar**. Season with ½ tsp. **salt** and ¼ tsp. **pepper**.



6

Plate the Dish

Serve **grits** on a plate or bowl (add 1-2 Tbsp. water if grits have thickened). Top with **chicken breast** and serve **sauce** around grits. Garnish with green parts of **green onion**.