



NUTRITION *per serving* 34g carbohydrates 41g fat 57g protein 1646mg sodium | CONTAINS gluten, dairy



Calories
700



Prep & Cook Time
35-45 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Mild



Southern Fried Chicken and White Cheddar Grits

with butter, green onions, and hot sauce

IN YOUR BOX

- 2 fl. oz. Liquid Egg
- 2 Green Onions
- 2 Boneless Skinless Chicken Breasts
- 1 cup Breading
- ¾ cup Instant Grits
- 3 oz. White Cheddar Cheese, Shredded
- 1.2 oz. Butter
- 2 tsp. Chicken Demi-Glace
- ¾ fl. oz. Frank's Red Hot Sauce

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Small Pot
- 2 Mixing Bowls
- Large Non-Stick Pan

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BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Bring **2½ cups** of water to a boil in a **small pot**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Separation is natural when shipping liquid eggs. **Shake well before using.**

WHILE YOU COOK

- ❑ **Heads Up! Butter** is used twice. Half is added to **grits** and remaining is added to **gravy**.
- ❑ **Heads Up! Green onions** are used twice. **White portions** are added to **gravy**, and **green portions** garnish dish.
- ❑ **Spice Alert! Hot sauce** is aptly named. Use to taste or omit for less spice.

FROM THE CHEF

As grits sit and cool, they will get thicker. To return them to proper consistency, stir in water 2 Tbsp. at a time until thick and creamy. Return to medium-high heat and stir until hot. Adding water may change the needed seasoning. Taste, and add salt and pepper if needed.

Did you know...

The cayenne peppers from which the original Frank's RedHot was made were from Louisiana. But Frank's RedHot itself, not so southern. First sold in 1920, the company that produced it, Frank Tea and Spice Company, was based out of that old not-so-Dixie city, Cincinnati, Ohio.



Prepare the Ingredients

Trim and thinly slice **green onions**, keeping white and green portions separate. Rinse **chicken breasts** and pat dry. On a separate cutting board, cut chicken across width into $\frac{3}{4}$ " slices. Season with $\frac{1}{4}$ tsp. **salt** and $\frac{1}{4}$ tsp. **pepper**. Place in a medium mixing bowl with **liquid egg** and toss to coat.



Bread the Chicken

Place **breadcrumbs** in another medium mixing bowl. One at a time, remove **chicken** from **liquid egg** and add to breadcrumbs. Toss to coat and place on a plate. Repeat with remaining chicken.



Cook the Grits

Whisk **grits** into boiling water in a steady stream to avoid clumping. Stir until consistency is slightly thicker than pancake batter. Reduce heat to medium-low and cook, stirring often, 5-7 minutes. Stir **white cheddar** into grits along with **half the butter** (reserve remaining for gravy). Season with $\frac{1}{2}$ tsp. **salt** and $\frac{1}{4}$ tsp. **pepper**. Remove from burner and keep warm.



Fry the Chicken

Line a plate with a paper towel. Place a large non-stick pan over medium heat. Add 3 Tbsp. **olive oil** and **chicken** to hot pan. Cook undisturbed until browned, 3-4 minutes. Flip chicken and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 4-6 minutes. Remove chicken to towel-lined plate. Wipe pan clean and reserve.



Make the Gravy

Place pan used to fry chicken over high heat. Add **demi-glace**, **white portions of green onions**, and $\frac{1}{4}$ cup **water** to hot pan. Bring to a boil and reduce by half, 1-2 minutes. Remove from burner and swirl in remaining **butter**.



Plate the Dish

If **grits** have become firm, add 2 Tbsp. **water** and warm over medium-high heat. Taste, and add a pinch of **salt** and **pepper** if necessary. Add grits to a plate or a shallow bowl. Place **chicken** over grits, then pour on **gravy** and **hot sauce** (to taste). Garnish with **green portions of green onions**.