



In your box

- 2 tsp. Chicken Demi-Glace
- .6 oz. Butter
- 1 tsp. Cajun Seasoning
- 3 oz. Shredded White Cheddar Cheese
- 6 oz. Cremini Mushrooms
- ½ cup Instant Grits
- 2 Green Onions
- 4 oz. Grape Tomatoes

Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 8 oz. Shrimp
- 12 oz. Ground Pork
- 10 oz. Ground Beef

Cajun Chicken and White Cheddar Grits with mushrooms and grape tomatoes

NUTRITION per serving—Calories: 640, Carbohydrates: 42g, Fat: 29g, Protein: 52g, Sodium: 1717mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.
*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time
15 min.

Cook Within
4 days

Difficulty Level ● ○ ○ ○
Easy

Spice Level ● ○ ○ ○
Mild



You will need

Olive Oil, Salt, Pepper

Small Pot, Large 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!

- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **green onions**



1

Start the Topping

- Pat **diced chicken** dry.
- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add diced chicken to hot pan and stir occasionally until chicken browns, 3-4 minutes.
- Remove from burner. *Chicken will finish cooking in a later step.*
- While chicken cooks, prepare ingredients.
- *If using **ground beef**, follow same instructions, seasoning with ¼ tsp. salt and a pinch of pepper, adding no olive oil, and breaking up meat until no pink remains, 4-6 minutes. If using **ground pork**, following same instructions and seasoning as ground beef, breaking up meat until no pink remains, 5-7 minutes. If using **shrimp**, pat dry, season with a pinch of salt and pepper, and skip remaining instructions for this step.*



3

Finish the Topping

- Return pan with **chicken** to medium-high heat and add **mushrooms, green onions** (reserve a pinch for garnish), **tomatoes**, and **seasoning blend** to hot pan. Cook, breaking up tomatoes with a spoon, until mushrooms are softened and chicken reaches a minimum internal temperature of 165 degrees, 3-5 minutes.
- Add **demi-glace** and ¼ cup **water** and bring to a simmer. Once simmering, stir occasionally until sauce is slightly thickened, 1-2 minutes.
- Remove from burner.
- *If using **shrimp**, add with mushrooms and tomatoes 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.*



2

Prepare the Ingredients

- Bring 2 cups **water** to a boil in a small pot over medium-high heat.
- Cut **mushrooms** into ¼" slices.
- Trim and thinly slice **green onions**.



4

Make Grits and Finish Dish

- Once water is boiling in small pot, stir in **grits** and ½ tsp. **salt**. Reduce heat to low and stir constantly until grits are smooth, 3-4 minutes.
- Remove from burner and stir in **cheese, butter**, and a pinch of **pepper**.
- Plate dish as pictured on front of card, topping grits with **chicken** and **vegetables** and garnishing with reserved **green onions**. Bon appétit!