



In your box

- 2 oz. Shredded Cheddar Cheese
- 1 fl. oz. Red Cooking Wine
- 4 fl. oz. Marinara Sauce
- 2 oz. Corn Kernels
- ½ cup Instant Grits
- 2 Green Onions
- .6 oz. Butter
- 1 tsp. Cajun Seasoning
- ¼ tsp. Red Pepper Flakes

Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 8 oz. Jumbo Shrimp
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk, shellfish (shrimp)

You will need

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



Louisiana Chicken and Gravy with cheesy grits

NUTRITION per serving—Calories: 605, Carbohydrates: 43g, Fat: 24g, Protein: 46g, Sodium: 1684mg.

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

15 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Medium

👑 Before you cook

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

- 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: **green onions**

Customize It Instructions

- If using **whole chicken breasts**, pat dry and cut into 1" dice. Season all over with a pinch of salt. Follow same instructions as diced chicken.
- If using **jumbo shrimp**, follow same instructions as chicken in Steps 1 and 3, cooking undisturbed until opaque and shrimp reaches a minimum internal temperature of 145 degrees, 2-3 minutes per side. Remove to a plate, stirring shrimp back into sauce at the end of Step 4.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Trim and thinly slice **green onions**, keeping green and white portions separate.
- Pat **chicken** dry, and season both sides with a pinch of **salt**.



2

Cook the Grits

- Once water is boiling, stir in **grits** in a steady stream. Reduce heat to low and stir constantly until grits are smooth, 3-4 minutes.
- Remove from burner and stir in **cheese, seasoning blend, butter, corn, and ¼ tsp. salt**. Cover and set aside.



3

Cook the Chicken

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **chicken** to hot pan and stir occasionally until chicken browns and reaches a minimum internal temperature of 165 degrees, 5-7 minutes.



4

Add Sauce and Finish Dish

- Add **wine** and **white portions of green onions** to pan and stir occasionally until wine is reduced by half, 1-2 minutes.
- Add **sauce** to pan and stir until heated through, 1-2 minutes.
- Remove from burner and add **red pepper flakes** (to taste).
- *If grits stiffen, return to medium heat and stir in water, 1 Tbsp. at a time, until desired consistency is reached.*
- Plate dish as pictured on front of card, garnishing with **green portions of green onions** Bon appétit!