



In your box

- 2 oz. Light Cream Cheese
- 2 Green Onions
- 2 oz. Shredded Cheddar Cheese
- 5 oz. Corn Kernels
- 1 tsp. Chesapeake Seasoning
- 4 oz. Grape Tomatoes
- 2 Garlic Cloves
- ½ cup Instant Grits

Customize It Options

- 8 oz. Shrimp
- 8 oz. Jumbo Shrimp
- 16 oz. Shrimp—Double Portion
- 12 oz. Diced Boneless Skinless Chicken Breasts

*Contains: milk

You will need

- Olive Oil, Salt, Pepper
- Large Non-Stick Pan, Small Pot



Chesapeake Shrimp and Grits

with corn and tomatoes

NUTRITION per serving—Calories: 571, Carbohydrates: 54g, Fat: 25g, Protein: 30g, Sodium: 1701mg.

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

25-35 min.

Cook Within

3 days

Difficulty Level

Easy

Spice Level

Not Spicy

👑 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 16 oz. **shrimp**, follow same instructions, cooking until shrimp reaches minimum internal temperature.
- If using **jumbo shrimp**, follow same instructions as regular shrimp in Steps 1 and 3, cooking undisturbed until shrimp reaches minimum internal temperature, 2-3 minutes per side.
- If using **diced chicken**, pat dry and season all over with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as shrimp in Step 3, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Halve **tomatoes**.
- Mince **garlic**.
- Pat **shrimp** dry.



2

Make the Grits

- Once water is boiling, stir in **grits** and a pinch of **salt**. Reduce heat to low and whisk or stir constantly until grits are smooth, 4-6 minutes.
- Remove from burner and stir in **cheddar cheese**, **cream cheese**, **seasoning blend**, and a pinch of **pepper**. Cover and set aside.



3

Cook the Shrimp

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Working in batches if necessary, 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 Vegetables

- Return pan used to cook shrimp to medium heat and add 2 tsp. **olive oil**. Add **tomatoes**, **corn**, **white portions of green onions**, **garlic**, and a pinch of **salt** and **pepper** to hot pan. Stir occasionally, breaking up tomatoes, until softened, 2-3 minutes.
- Add ¼ cup **water** and bring to a simmer. Once simmering, cook until slightly thickened, 1-2 minutes.
- Add **shrimp** and stir until warmed through, 30 seconds.
- Remove from burner.



5

Finish the Dish

- 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, placing **shrimp-vegetable mixture** on **grits** and garnishing with **green portions of green onions**. Bon appétit!