



# SAUTÉED SHRIMP

with Cheddar Grits and Garlicky Collard Greens

MAKE FIRST



## HELLO GRITS

This Southern staple is creamy, rich, and comforting



Shrimp



Chicken Broth Concentrate



Grits



Garlic



Lemon



Collard Greens, shredded



Grape Tomatoes



Cajun Seasoning



Smoked Cheddar Cheese, shredded

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 551



## BUST OUT

- Medium Pot
- Measuring Cups
- Large Non-Stick Pan
- Measuring Spoons
- Butter 2 (1 tbsp | 2 tbsp)
- Salt
- Pepper
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Shrimp 0 1 pkg (285 g) | 2 pkg (570 g)
- Chicken Broth Concentrate 1 | 2
- Grits 1 pkg (½ cup) | 2 pkg (1 cup)
- Garlic 1 pkg (10 g) | 2 pkg (20 g)
- Lemon 1 | 2
- Collard Greens, shredded 1 pkg (227 g) | 2 pkg (454 g)
- Grape Tomatoes 1 pkg (113 g) | 2 pkg (227 g)
- Cajun Seasoning 1 pkg (2 tsp) | 2 pkg (4 tsp)
- Smoked Cheddar Cheese, shredded 2 1 pkg (56 g) | 2 pkg (113 g)

## ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

## START STRONG

We only use seafood that is fished or farmed in a sustainable manner to protect the health and function of our oceans!

**BBQ TIP:** Instead of pan-frying, grill shrimp over medium heat, until they are pink and firm, 2-3 min per side.



### 1 COOK GRITS

In a medium pot, bring the **broth concentrate(s)** and **2 cups salted water** (double for 4 people) to a boil. Slowly whisk **grits** into the boiling water. Reduce the heat to medium-low. Cook, stirring occasionally, until tender and creamy 20-22 min. (**TIP:** If the grits become too stiff to stir, add a splash of water.)



### 2 PREP

Meanwhile, **wash and dry all produce**. Cut the **tomatoes** in half. Mince or grate the **garlic**. Juice the **lemon**.



### 3 COOK COLLARDS

Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **garlic, collard greens** and the **tomatoes**. Cook, stirring often, until the collard greens wilt and tomatoes soften slightly, 5-6 min. Season with **salt** and **pepper**. Transfer to a plate.



### 4 COOK SHRIMP

Add the **shrimp** and **spice blend** to the same pan. Cook, stirring occasionally, until the shrimp just turns pink, 2-3 min. Add the **collard greens mixture**. Cook until warmed through, 1-2 min. Stir in **1 tbsp lemon juice** (double for 4 people). Season with **salt** and **pepper**.



### 5 FINISH AND SERVE

Stir the **cheese** and **butter** into the **grits**. Season with **salt** and **pepper**. Divide the grits between plates and top with the **shrimp mixture**.

## HEY Y'ALL

Collard greens are an amazing source of vitamins A and C, so eat up!



Share your photos #HelloFreshLife | (855) 272-7002 | HelloFresh.ca | hello@hellofresh.ca