

DINNERLY



Low-Carb Creamy Cajun Shrimp with Buttery Grits



20-30min



2 Servings

It doesn't have to be Mardi Gras for us to be inspired by the food of The Big Easy! We've re-imagined two New Orleans favorites—Cajun shrimp and creamy grits. We've got you covered!

WHAT WE SEND

- 3 oz grits
- 2 scallions
- 4 oz roasted red peppers
- ½ lb pkg shrimp ²
- ¼ oz Cajun seasoning
- 1 oz cream cheese ¹

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- butter ¹

TOOLS

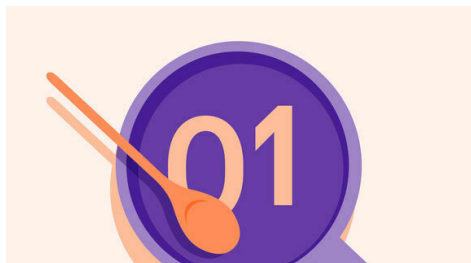
- small saucepan
- medium skillet

ALLERGENS

Milk (1), Shellfish (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

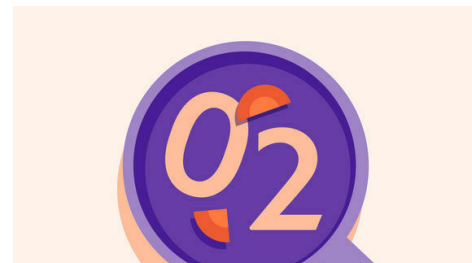
NUTRITION PER SERVING

Calories 450kcal, Fat 24g, Carbs 40g, Protein 23g



1. Cook grits

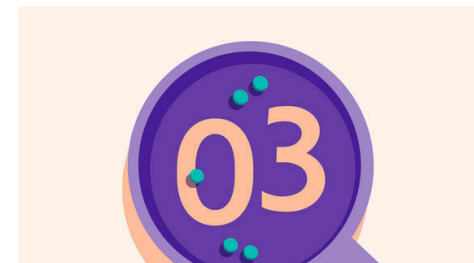
In a small saucepan, combine **2 cups water** and **a pinch of salt**. Cover and bring to a boil over high. Whisk in **grits** and reduce heat to low; cook, uncovered, whisking occasionally to prevent sticking, until grains are tender, about 7 minutes. Remove from heat and keep covered until step 5.



2. Prep ingredients

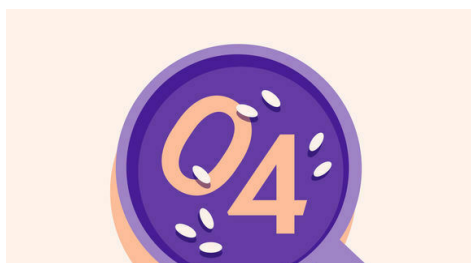
While **grits** cook, finely chop **1 teaspoon garlic**. Trim ends from **scallions**, then thinly slice. Coarsely chop **roasted red peppers**.

Rinse and pat **shrimp** very dry, then season all over with **½ teaspoon Cajun seasoning** (or less depending on heat preference).



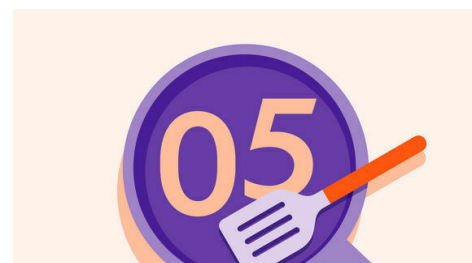
3. Sear shrimp

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **shrimp** and cook, flipping once, until curled and almost cooked through, about 2 minutes. Add **chopped garlic** and **half of the sliced scallions**; cook, stirring, until fragrant, about 30 seconds.



4. Finish shrimp in sauce

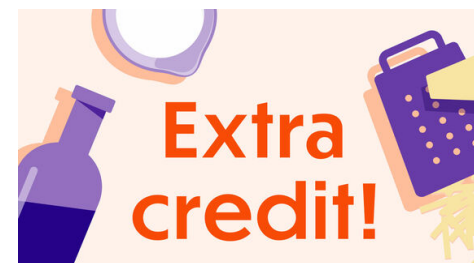
To skillet with **shrimp**, add **cream cheese**, **chopped red peppers**, and **⅓ cup water**. Cook, stirring, until cream cheese is melted, sauce is slightly thickened, and shrimp are cooked through, 1–2 minutes. Season to taste with **salt** and **pepper**.



5. Finish & serve

Return saucepan with **grits** to medium heat and whisk in **2 tablespoons butter** until melted, about 1 minute. Season to taste with **salt** and **pepper**.

Serve **creamy Cajun shrimp** over **buttery grits** and garnish with **remaining scallions**. Enjoy!



6. Amp up the heat!

Kick up the spice factor for a real Southern dish by adding more Cajun spice as desired.