



## Fried Green Tomatoes and Okra

with Cheesy Grits and Spicy Honey



20-30min



2 Servings

Fried green tomatoes need to be eaten piping hot, the golden cornmeal crust enclosing a tart, juicy slice of tomato still crisp. Same with these crunchy little okras, though they're both even better when drizzled with spicy honey. But don't fear! A bowl of grits with melted cheddar softens the heat. We like this combination so much we'd happily eat it for breakfast and dinner. Cook, relax and e...



## What we send

- quick cooking grits
- Bees Knees spicy honey
- cornmeal
- okra
- green tomato
- scallions
- fresh cilantro sprigs

## What you need

- all-purpose flour <sup>1</sup>
- coarse salt
- freshly ground black pepper
- egg <sup>3</sup>
- vegetable oil

## Tools

- small saucepan

**Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.**

**For recipes containing garlic, you'll find one head of garlic in your box.**

**We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.**

### Allergens

Wheat (1), Egg (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 870.0kcal



### 1. Make grits

Bring 2 cups water to a boil in a small saucepan. Slowly whisk in grits and 1 teaspoon salt. Reduce the heat to a simmer and cook, whisking often, until the water is fully absorbed, about 4 minutes. Cover and set aside.



### 2. Prepare coating

Separate egg, placing egg white in a bowl and reserving egg yolk for another use. Whisk in 1 tablespoon of water. Combine cornmeal, 3 tablespoons flour, 1 1/2 teaspoons salt, a few grinds of black pepper.



### 3. Prep vegetables

Cut okra stems off then cut crosswise in half lengthwise. Slice tomato 1/2 inch thick. Slice scallions thinly and pick leaves from cilantro stems.



### 4. Coat okra and tomatoes

Coat okra in egg white, letting excess drip off, transfer to cornmeal mixture and coat completely. Repeat with tomato slices.



### 5. Cook okra and tomatoes

Heat 3/4 cup oil in skillet over medium until hot. Remove okra from cornmeal, shake off excess. Cook, turning, until golden, 3-5 minutes (may have to do in batches). Remove with slotted spoon to paper towels. Repeat with tomatoes. Add more oil if needed. Season with salt.



### 6. Serve

When ready to serve, grate cheese and whisk grits over medium heat until hot (add more water to smooth out if necessary). Stir in cheese until melted. Season with salt and pepper. Serve grits topped with scallions and cilantro. Drizzle with spicy honey. Enjoy!