

DINNERLY



No Chop! Louisiana Shrimp & Cheddar Grits

with Spinach



ca. 20min



2 Servings

Our geaux-to dish this fall? Buttery cheddar grits bel-eaux spiced shrimp tossed with slightly wilted spinach. The tri-eaux you didn't kn-eaux you needed. Als-eaux, we're really committed to this Louisiana theme. We've got you covered!

WHAT WE SEND

- 3 oz grits
- ½ lb pkg shrimp ^{2,17}
- ¼ oz seafood seasoning
- 5 oz baby spinach
- 2 (¾ oz) pieces cheddar ⁷

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- butter ⁷

TOOLS

- small saucepan
- medium nonstick skillet

ALLERGENS

Shellfish (2), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 530kcal, Fat 30g, Carbs 38g, Protein 30g



1. Cook grits

In a small saucepan, combine **2 cups water** and **a pinch of salt**; cover and bring to a boil over high. Stir in **grits** and reduce heat to low; cook, uncovered, stirring occasionally to prevent sticking, until grains are tender, about 7 minutes. Set aside until step 5.



2. Prep ingredients

While **grits** cook, coarsely chop **1 teaspoon garlic**.

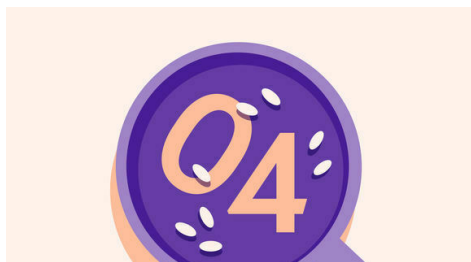
Finely chop or grate cheese, if necessary.

Rinse **shrimp**, then pat very dry. Season all over with **1½ teaspoons seafood seasoning**.



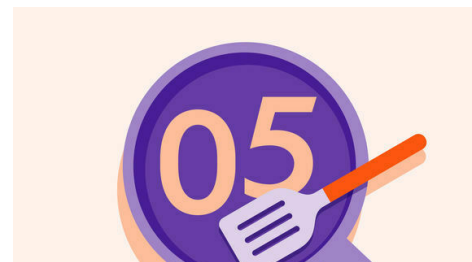
3. Cook shrimp

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add **shrimp** and cook, stirring occasionally, until curled and almost cooked through, about 2 minutes. Add **chopped garlic** and cook, stirring, until fragrant, about 30 seconds.



4. Wilt spinach & make sauce

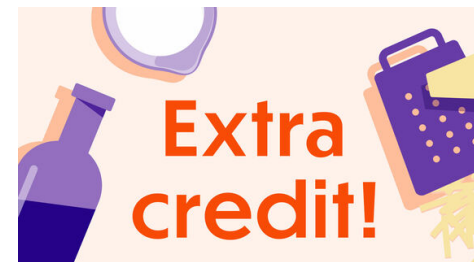
To skillet with **shrimp**, add **spinach**, **¼ cup water**, and **1 tablespoon butter**; cook, stirring, until spinach is just wilted and sauce slightly thickens, 1–2 minutes. Season to taste with **salt** and **pepper**.



5. Finish & serve

To saucepan with **grits**, stir in **cheese** and **2 tablespoons butter** until butter is melted; season to taste with **salt** and **pepper**.

Serve **cheddar grits** topped with **spinach** and **shrimp**. Enjoy!



6. Did you know?

In 2020, as a part of our carbon offsetting efforts, we completed an afforestation project in Uruguay, which planted 44,000 new trees to help fight climate change.