



Cajun-Spiced Chicken

with Red Beans & Grits



30-40min



2 Servings

It doesn't have to be Mardi Gras for us to be inspired by the food of the The Big Easy! We've re-imagined two iconic New Orleans favorites—red beans and rice and chicken etouffé—by combining them into one delish dish. Big surprise? Rice is gone, but grits are in! Laissez les bon temps rouler!

What we send

- 1 green bell pepper
- 1 red onion
- garlic
- ¼ oz fresh cilantro
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz Cajun seasoning
- 15 oz can kidney beans
- 3 oz grits

What you need

- kosher salt & ground pepper
- olive oil
- butter⁷

Tools

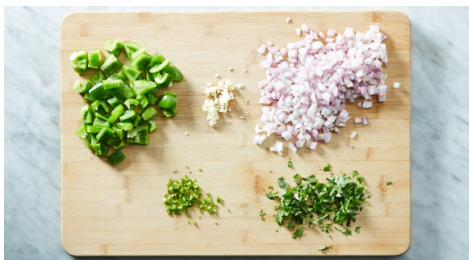
- medium skillet
- medium saucepan

Allergens

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

Nutrition per serving

Calories 810kcal, Fat 30g, Carbs 87g, Protein 59g



1. Prep ingredients

Halve **pepper**, discard stem and seeds, and cut into ½-inch pieces. Finely chop **about 1 cup onion** (save rest for own use).

Finely chop **1 teaspoon garlic**. Finely chop **cilantro stems**; coarsely chop **leaves**, keeping separate.



4. Add beans

Add **beans and their liquid** and **1 cup water** to same skillet. Bring to a boil over high heat. Reduce heat to medium and simmer, uncovered, until slightly reduced, 5–6 minutes. Season to taste with **salt** and **pepper**.



2. Brown chicken

Pat **chicken** dry and pound to an even ½-inch thickness, if necessary. Season all over with **salt** and **several grinds of pepper**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook, flipping once, until browned but not cooked through, 4–5 minutes. Transfer to a plate.



5. Finish chicken

Nestle **chicken** into **beans** (it's ok if it isn't fully submerged). Simmer until liquid is slightly reduced and chicken is cooked through, flipping once or twice, 5–7 minutes.



3. Sauté aromatics

Heat **2 tablespoons oil** in same skillet over medium. Add **peppers, cilantro stems**, and **all but 1 tablespoon onions**. Cover and cook until barely softened, about 2 minutes. Uncover and cook, stirring occasionally, until softened and browned in spots, about 5 minutes.

Add **chopped garlic** and **2 teaspoons Cajun seasoning** (or more for more heat); cook until fragrant, 1 minute.



6. Cook grits & serve

In a medium saucepan, bring **2 cups water** and **¾ teaspoon salt** to a boil. Slowly stir in **grits**. Reduce heat to medium; cover and cook, stirring occasionally, until tender, 5–7 minutes. Stir in **1 tablespoon butter** and **several grinds of pepper**.

Serve **chicken, beans**, and **grits** with **cilantro leaves** and **remaining onions** over top. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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