



Saucy Cajun Chicken

with Cheesy Grits & Sautéed Kale



30min



2 Servings

These chicken breasts are juicy enough that they don't need to be smothered in a creamy onion gravy but that didn't stop us from doing it anyway. We sprinkle Cajun seasoning on the chicken and a little into the gravy, too, for extra kick. Cheesy grits and sautéed kale on the side provide even more Southern comfort.

What we send

- 1 yellow onion
- garlic
- 1 bunch Tuscan kale
- 3 oz grits
- 2 oz shredded fontina ⁷
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz Cajun seasoning
- 1 pkt chicken broth concentrate
- 1 oz sour cream ⁷

What you need

- kosher salt & pepper
- olive oil
- apple cider vinegar (or white wine vinegar)
- butter ⁷
- all-purpose flour ¹

Tools

- small saucepan
- medium skillet

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 800kcal, Fat 40g, Carbs 59g, Protein 56g



1. Prep ingredients

In a small saucepan, bring **2 cups water** and **½ teaspoon salt** to a boil. Cover and keep warm over low heat. Halve and thinly slice **all of the onion** crosswise. Finely chop **1 teaspoon garlic**. Strip **kale leaves** from stems; discard stems. Roll leaves up like a cigar, then thinly slice crosswise.



4. Brown chicken

Pat **chicken** dry, then sprinkle all over with **salt, pepper**, and **1½ teaspoons Cajun seasoning**. Heat **1 tablespoon oil** in reserved skillet over medium-high. Add chicken and cook until browned and cooked through, 3-4 minutes per side. Transfer to a plate.



2. Sauté kale

Heat **1 tablespoon oil** in a medium skillet over medium. Add **kale** and **garlic** to skillet and cook, stirring, until kale is just tender, 2-3 minutes. Stir in **½ teaspoon vinegar** and season to taste with **salt** and **pepper**. Transfer to a medium bowl. Cover to keep warm. Wipe out skillet and reserve for step 4.



5. Make gravy

Heat **1 tablespoon oil** in same skillet over medium. Add **onions**; cook, stirring, until softened, 5-6 minutes. Sprinkle in **1 tablespoon flour** and cook, stirring, about 1 minute. Stir in **broth concentrate** and **½ cup water**. Bring to a boil. Reduce heat to medium-low. Return **chicken and any juices** to skillet. Cook, turning chicken occasionally, until warm, 2-3 minutes.



3. Cook grits

Bring water in saucepan back to a boil. Add **grits** in a steady stream, stirring constantly. Cover and cook over medium-low heat, stirring occasionally, until tender and thickened, 4-5 minutes. Remove from heat, then stir in **fontina** and **1 tablespoon butter**. Season to taste with **salt** and **pepper**. Cover to keep warm.



6. Finish & serve

To skillet with **gravy**, stir in **sour cream** and **¼ teaspoon Cajun seasoning**; add 1 tablespoon water at a time, if necessary to thin gravy to desired consistency. Season to taste with **salt** and **pepper**. Spoon **gravy** over **Cajun chicken** and serve with **cheesy grits** and **sautéed kale** alongside. Enjoy!