

DINNERLY



Smothered Chicken with Cheesy Grits & Sautéed Spinach



30-40min



2 Servings

Is there a more delicious word than "smothered"? We think not. The smotherer in question is a super creamy gravy that cooks with sautéed onions. The smotherees are juicy chicken breasts, cheesy grits, and tender spinach that are practically begging to be blanketed in a savory sauce. Pour that gravy ALL over top with complete abandon—there's no rules here! We've got you covered!

WHAT WE SEND

- 3 oz grits
- 2 oz shredded cheddar-jack blend ¹
- 1 yellow onion
- 5 oz baby spinach
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz smoked paprika
- 1 pkt chicken broth concentrate
- 1 oz sour cream ¹

WHAT YOU NEED

- kosher salt & ground pepper
- butter ¹
- garlic
- neutral oil
- ¼ cup all-purpose flour ²

TOOLS

- small saucepan
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 760kcal, Fat 40g, Carbs 59g, Protein 48g



1. Cook grits

In a small saucepan, bring **2 cups water** and a **pinch of salt** to a boil. Stir in **grits**. Reduce heat to low and cook, stirring occasionally to prevent sticking, until tender, about 7 minutes. Stir in **cheese** and **1 tablespoon butter** until melted; season to taste with **salt** and **pepper**. Cover to keep warm off heat.

Meanwhile, halve **onion** and thinly slice.



2. Cook spinach

Crush **1 garlic clove**; place in a medium skillet with **1 tablespoon oil**. Cook over medium-high heat until lightly browned, 1–2 minutes. Add **spinach**; cook, stirring often, until wilted. Season to taste with **salt** and **pepper**. Transfer to a bowl and discard garlic, if desired; cover to keep warm. Wipe skillet clean.



3. Cook chicken

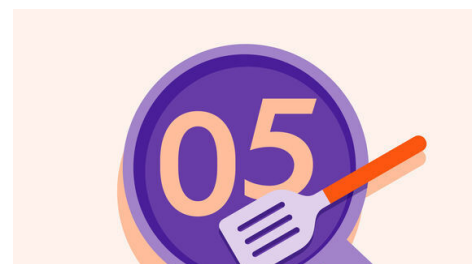
Spread **¼ cup flour** on a plate. Pat **chicken** dry; season with **salt** and **pepper**. Add to flour and coat both sides; tap off excess flour. Reserve **1 tablespoon of the flour**.

In same skillet, heat **1 tablespoon oil** over medium-high. Add chicken, in batches if necessary, and cook until browned and cooked through, 3–4 minutes per side. Transfer to a plate and cover to keep warm.



4. Cook gravy

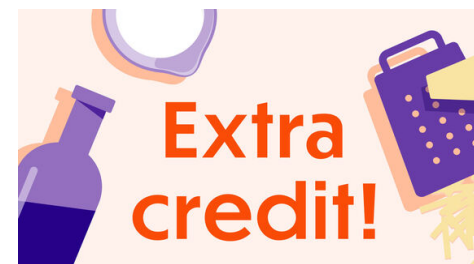
To same skillet, add **onions**, **1 tablespoon butter**, and a **pinch of salt and pepper**. Cook over medium heat, stirring occasionally, until softened and golden brown, 8–10 minutes. Add **1½ teaspoons smoked paprika** and **reserved flour**; cook, stirring often, 1 minute. Stir in **broth concentrate**, **sour cream**, and **1¼ cups water**; bring to a boil.



5. Finish & serve

Simmer **gravy** over medium heat until slightly thickened, 3–5 minutes; season to taste with **salt** and **pepper**. Add **chicken** and **any resting juices**; spoon sauce over pork to rewarm, 1 minute. Rewarm **grits** over medium heat (loosen with more water, if necessary).

Serve **chicken** and **spinach** over **grits** with **gravy** all over top. Enjoy!



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