



Cajun-Spiced Chicken

with Red Beans and Grits



30-40min



4 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! Cook, relax, and enjoy!

What we send

- boneless, skinless chicken breasts
- green bell pepper
- garlic
- red onion
- cajun spice blend
- canned kidney beans
- fresh cilantro
- quick-cooking grits

What you need

- butter⁷
- kosher salt & ground pepper
- olive oil

Tools

- medium 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.

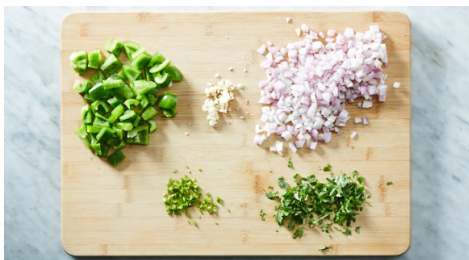
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 597.0kcal, Fat 19.6g, Proteins 45.1g, Carbs 58.0g



1. Prep ingredients

Halve **pepper**, remove stem and seeds, then cut into ½-inch pieces. Halve **onion**, then peel and finely chop. Peel and finely chop **2 large garlic cloves**. Finely chop **cilantro stems**; coarsely chop **leaves**, keeping them separate.



4. Add beans

Add **beans with their liquid** and **1¼ cups water** to the skillet, and 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 an even ½-inch thickness, if necessary. Season all over with **1 teaspoon salt** and **several grinds of pepper**. Heat **1 tablespoon oil** in a large skillet over medium-high. Add chicken, in batches if necessary, and cook, flipping once, until browned, but not cooked through, 4-5 minutes. Transfer to a plate.



5. Finish chicken

Add **chicken** to skillet, nestling it into the **beans** (it's ok if it isn't fully submerged). Simmer until liquid is slightly reduced and chicken is cooked through, 5–7 minutes. Flip chicken once or twice during cooking.



3. Sauté aromatics

Add **2 tablespoons oil** to skillet over medium, along with **green pepper**, **cilantro stems**, and **all but 2 tablespoons onion**. Cover, cook until barely softened, about 2 minutes. Uncover, cook, stirring occasionally, until softened and browned in spots, 4–5 minutes. Add **garlic** and **1½ teaspoons Cajun spice** (or more for more heat); cook until fragrant, 1 minute.



6. Make grits & serve

In a medium saucepan, bring **4 cups water** and **1½ teaspoons salt** to a boil. Slowly stir in **grits**. Reduce heat to medium, cover, and cook, stirring occasionally, until grains are tender, 5–7 minutes. Stir in **2 tablespoons butter** and **several grinds of pepper**. Divide **grits** and **beans** between plates. Top with **chicken**, **cilantro leaves**, and **remaining onion**. Enjoy!