



DINNERLY



FAST

LOW CALORIE

Louisiana-Style Shrimp with Cheddar Grits & 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.

WHAT WE SEND

- small shrimp ^{2,17}
- quick-cooking grits
- sharp cheddar ⁷
- baby spinach
- seafood seasoning
- garlic

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

TOOLS

- nonstick skillet
- saucepan

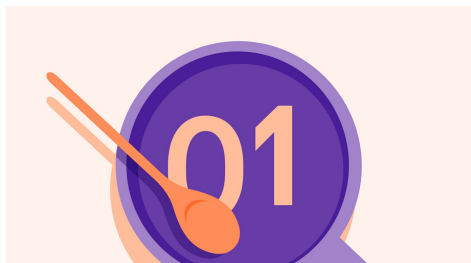
ALLERGENS

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 500kcal, Fat 26g, Carbs 39g, Proteins 25g



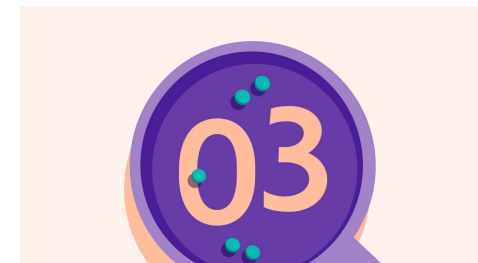
1. Cook grits

Add **2 cups water** and **a pinch of salt** to a small saucepan, then cover and bring to a boil; stir in **grits**. Reduce heat to low and cook, uncovered, stirring occasionally to prevent sticking, until grains are tender, about 7 minutes.



2. Prep ingredients

While **grits** cook, roughly chop **1 teaspoon garlic**. Cut **all of the cheddar** into small pieces. Pat **shrimp** dry, then season all over with **1½ teaspoons of the seafood seasoning**.



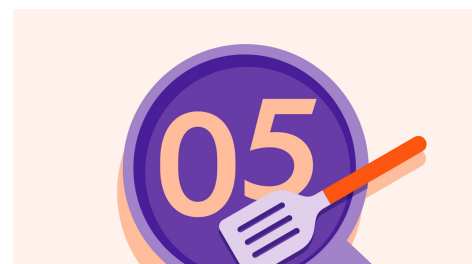
3. Cook shrimp

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



4. Wilt spinach & make sauce

Add **spinach**, **¼ cup water**, and **1 tablespoon of the butter** to skillet with **shrimp**, and cook, stirring, until spinach is just wilted and sauce has thickened slightly, 1-2 minutes. Season to taste with **salt** and **pepper**.



5. Finish & serve

Add **cheese** and **remaining 1 tablespoon butter** to **grits**, stirring until melted; season to taste with **salt** and **pepper**. Serve **cheddar grits** topped with **spinach** and **shrimp**. Enjoy!



6. Spice it up!

The only thing more Louisiana than this Cajun-inspired dish is a punch of heat. Stir a little hot sauce into your cheddar grits for a trip to flavor town.