

DINNERLY



FAST

LOW CALORIE

Louisiana-Style Shrimp with Cheddar Grits & Spinach



ca. 20min



4 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

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

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

TOOLS

- nonstick skillet
- saucepan

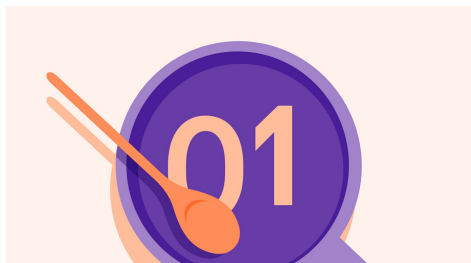
ALLERGENS

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 460kcal, Fat 22g, Carbs 38g, Proteins 23g



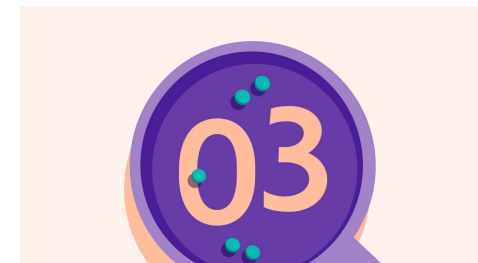
1. Cook grits

Add **4 cups water** and a **pinch of salt** to a medium 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 **2 teaspoons garlic**. Cut **all of the cheddar** into small pieces. Pat **shrimp** dry, then season all over with **1 tablespoon of the seafood seasoning**.



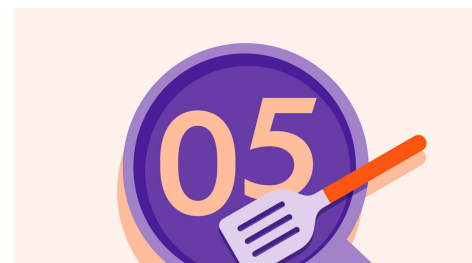
3. Cook shrimp

Heat **1 tablespoon oil** in a large non-stick skillet over medium-high. Add **shrimp** and cook, stirring occasionally, until shrimp are curled and almost cooked through, 2–3 minutes. Add **chopped garlic** and cook, stirring, until fragrant, 30 seconds.



4. Wilt spinach & make sauce

Add **spinach**, **¼ cup water**, and **2 tablespoons 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 2 tablespoons 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.