

HELLO FRESHSuperQuick Southern-Style Shrimp and Grits with Cheddar Cheese

Spicy

15 Minutes



Salmon Fillets, skin-on **250 g | 500 g**









If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥





Shrimp



285 g | 570 g



1/2 cup | 1 cup



Sweet Bell Pepper



1 | 2

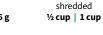








28 g | 56 g





Gravy Spice Blend 2 tbsp | 4 tbsp



Cajun Spice 1 tbsp | 2 tbsp



Vegetable Stock Powder 1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Cooking utensils | Colander, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, whisk



Make grits

- Before starting, add 3 cups (6 cups) water and ¼ tsp (½ tsp) salt to a medium pot.
 Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Reduce heat of water to medium.
- To the pot of boiling water, add **2 tbsp** (4 tbsp) **butter** and **stock powder**.
- Whisk cornmeal in slowly. Cook for 1-2 min, whisking constantly, until cornmeal thickens slightly. Reduce heat to medium-low. Cook for 10-12 min, stirring occasionally, until cornmeal grains are tender.



Finish sauce and serve

🗘 Swap | Salmon Fillets, skin-on

- Sprinkle Gravy Spice Blend and remaining Cajun Spice Blend over top. Cook for 1 min, stirring often, until fragrant and well coated.
- Add ½ cup (1 cup) water. Cook for 1-2 min, until sauce thickens.
- Once grits are tender, stir in cheddar and
 2 tbsp (4 tbsp) milk for 1 min, until cheese is melted. Season with salt, to taste.
- Divide grits between plates. Top with shrimp-veggies mixture.
- Sprinkle with crispy shallots.



Prep

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- Meanwhile, core, then cut pepper into ½-inch pieces.
- Drain and rinse shrimp, then pat dry with paper towels. Season with salt, pepper and half the Cajun Spice Blend.



Cook shrimp and veggies

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- · Heat a large non-stick pan over medium-high.
- When hot, add ½ tbsp (1 tbsp) oil and mirepoix. Cook for 2 min, stirring often, until beginning to soften.
- Add shrimp and peppers. Cook for 3-4 min, stirring occasionally, until shrimp just turn pink and peppers are tender-crisp.**

Measurements within steps

1 tbsp (2 tbsp)

erving Ingredien

oil

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Prep

Swap | Salmon Fillets, skin-on

If you've opted to get **salmon**, pat **salmon** dry with paper towels. Season the **salmon** the same way the recipe instructs you to season the **shrimp**.

3 | Cook salmon and veggies

O Swap | Salmon Fillets, skin-on

When the pan is hot, add 1 tbsp (2 tbsp) oil and mirepoix. Cook for 2 min, stirring often, until beginning to soften. Add salmon and peppers. Cook for 2-3 min, until browned. Flip salmon and continue cooking for 2-3 min, until cooked through.** When salmon is done, break salmon up into large flakes, removing and discarding skin.

4 | Finish sauce and serve

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Arrange **salmon-veggies mixture** on top of plates.