



SuperQuick Southern-Style Shrimp and Grits with Cheddar Cheese

Spicy

15 Minutes

Swap



Salmon Fillets, skin-on
250 g | 500 g

Customized Protein

+ Add

Swap

or

x2 Double

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](https://www.hellofresh.ca)



Shrimp
285 g | 570 g



Cornmeal
½ cup | 1 cup



Sweet Bell Pepper
1 | 2



Mirepoix
113 g | 227 g



Crispy Shallots
28 g | 56 g



Cheddar Cheese, shredded
½ cup | 1 cup



Gravy Spice Blend
2 tbsp | 4 tbsp



Cajun Spice Blend
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.*

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Butter, milk, oil, salt, pepper

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

1



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.

4



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**.

2



Prep

🔄 Swap | **Salmon Fillets, skin-on**

- 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**.

3



Cook shrimp and veggies

🔄 Swap | **Salmon Fillets, skin-on**

- 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)	oil
2-serving	4-serving	Ingredient

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

🔄 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

🔄 Swap | **Salmon Fillets, skin-on**

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

** Cook shrimp to a minimum internal temperature of 165°F, as size may vary, and cook salmon to a minimum internal temperature of 158°F, as size may vary.