



JUN
2016

Sautéed Shrimp and Collard Greens over Cheddar Grits

Shrimp and grits is one of the most iconic Southern dishes. There are countless variations, but ours incorporates another Southern staple: collard greens! This unique veggie is often given a bad rep when prepared incorrectly – but a quick sauté over high heat is all it needs to truly shine!



Prep: 10 min
Total: 30 min



level 1



nut free



gluten free



make me
first



Shrimp



Collard Greens



Grape Tomatoes



Chili Flakes



Garlic



Parsley



Grits



Milk



Cheddar
Cheese

Ingredients

	2 People	4 People
Shrimp	10 oz	20 oz
Collard Greens	4 oz	8 oz
Grape Tomatoes	4 oz	8 oz
Chili Flakes 	1 t	1 t
Garlic	2 Cloves	4 Cloves
Parsley	¼ oz	½ oz
Grits	½ Cup	1 Cup
Milk	½ Cup	1 Cup
Cheddar Cheese	½ Cup	1 Cup
Olive Oil*	1 T	2 T

*Not Included

Allergens

1) Shellfish

2) Milk

Tools

Medium pot, Whisk, Large pan

Ruler

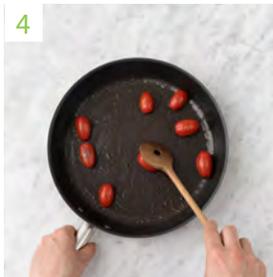
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Nutrition per person Calories: 456 cal | Fat: 19g | Sat. Fat: 7g | Protein: 33g | Carbs: 42g | Sugar: 6g | Sodium: 1191 mg | Fiber: 5g



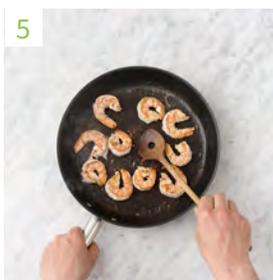
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1 Cook the grits: In a medium pot, bring **1½ cups water**, **½ cup milk**, and a pinch of **salt** to a boil. Once boiling, slowly whisk in the **grits**. Return to a boil, cover, and reduce to a low simmer for approximately 15 minutes, stirring occasionally, until tender and creamy. **TIP:** If the grits become too dry, add a splash of water.



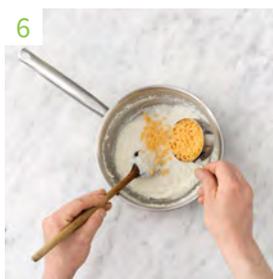
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2 Prep the collard greens: **Wash and dry all produce.** Remove the ribs and stems from the **collard greens** and roughly chop the **leaves**. Finely chop the **parsley**. Mince or grate the **garlic**. Halve the **tomatoes**.



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3 Cook the collards: Heat a drizzle of **olive oil** in a large pan over high heat. Add the **collards** and cook, tossing for 4-5 minutes, until lightly browned. Add the **garlic** and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**. Remove from the pan and set aside.



6

4 Cook the tomatoes: Add the **tomatoes** and a drizzle of **olive oil** to the same pan over medium-high heat. Cook, tossing for 3-4 minutes, until beginning to burst. Set aside with the **collard greens**.

5 Cook the shrimp: Heat another drizzle of **olive oil** in the same pan over medium-high heat. Season the **shrimp** with **salt**, **pepper** and a pinch of **chili flakes** (to taste). Add to the pan and cook, tossing for 2-3 minutes, until opaque. Add the **collards**, **tomatoes**, and **parsley** to the pan and cook, tossing, until warmed through.

6 Finish and serve: Stir the **cheddar cheese** into the **grits** and season generously with **salt** and **pepper**. Serve the **sautéed shrimp**, **collard greens**, and **tomatoes** on top and enjoy!

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