



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

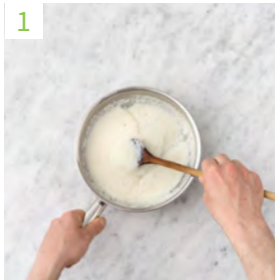
## Tools

Medium pot, Whisk, Large pan

Ruler

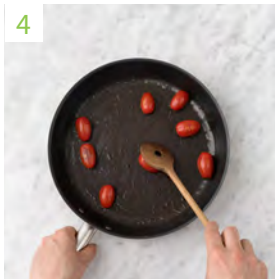
0 in ¼ in ½ in ¾ in 1 in

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



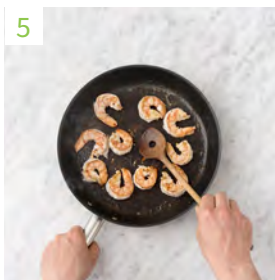
1

**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.



4

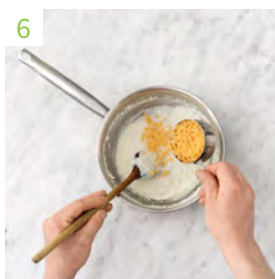
**2 Prep the collard greens:** **Wash and dry all produce.** Remove the ribs and stems from the **collard greens** and roughly chop the **leaves**. Finely chop the **parsley**. Mince or grate the **garlic**. Halve the **tomatoes**.



5

**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.

**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**.



6

**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!

Share your masterpiece on social media! Tag your photos with **#HelloFreshPics** and you'll be entered into our weekly photo contest!

