

Nashville Hot Shrimp over Cheesy Corn Grits

Have you heard of Nashville hot chicken? It's a spicy fried chicken that gets its magic from a cayenne pepper spice blend. We're cooking up our version with antioxidant rich shrimp and super tasty cheesy corn and bell pepper grits. Topped with a sweet maple chive glaze, it's Southern cooking, Meez style

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Saucepan
Large Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Flour (1/4 cup)
Butter (3 Tbsp)
Eggs (2)

6 MEEZ CONTAINERS

Corn & Peppers
Grits
Cheese
Shrimp
Nashville Hot Spices
Maple Chive Glaze

Good To Know

Shrimp is a good source of selenium, omega-3 fatty acids, vitamin B12 and astaxanthin, a natural and powerful antioxidant.

Health snapshot per serving – 750 Calories, 35g Fat, 45g Protein, 69g Carbs, 25 Freestyle Points.

Lightened Up Health snapshot per serving – 620 Calories, 26g Fat, 54g Carbs, 18 Freestyle Points using half the syrup and half the butter.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Shrimp, Corn, Bell Peppers, Cheddar, Parmesan, Cornmeal (polenta), Onion, Maple Syrup, Garlic, Chives, Paprika, Cayenne, Annatto, Brown Sugar, Kosher Salt.

meez meals

1. Cook the Cheesy Corn Grits

Heat 2 Tbsp olive oil in a large saucepan over high heat. When the oil is hot, add the **Corn & Peppers** and sauté until the peppers start to char, about 3 minutes.

Add 2 cups of water and bring to a boil. Slowly add the **Grits** while whisking constantly until there are no lumps, about 1 minute. Reduce the heat to medium and add a generous pinch of pepper. Stir frequently and cook until the grits thicken right up to the point of being somewhat stiff, about 1 to 2 minutes. Remove from the heat and add the **Cheese** and 1 Tbsp of butter. Stir well, cover and let sit until you're ready to put it all together.

2. Cook The Shrimp

Whisk 2 eggs in a small bowl and spread ¼ cup of flour on a plate. Pat dry the **Shrimp** and lightly sprinkle with salt and pepper. Working in batches, place the shrimp into the egg, shake off any excess, and then place into the flour and coat well on both sides.

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Cook the shrimp until the coating browns, about a minute on each side. Place the cooked shrimp on a paper-towel-lined plate. Do not wipe out the skillet.

3. Prepare the Nashville Hot Spices

Return the now empty skillet to the stove over medium-low heat and add 2 tbsp of butter. When the butter is melted, add the **Nashville Hot Spices**, and stir until coated in butter. Turn off the heat and add the cooked shrimp to the skillet and stir until the shrimp are well coated with the spices.

4. Put It All Together

Spoon the cheesy corn grits into serving bowls and top with the shrimp. Drizzle the **Maple Chive Glaze** over top of the entire dish and enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois *