

Cajun Blackened Chicken

REF:

Serves: 6

Cuisine: Cajun

Preparation time: 5 minutes
Cooking time: 15 minutes

Ingredients:

1/2 tsp	Paprika
1/4 tsp	Salt
1/4 tsp	Cayenne pepper
1/4 tsp	Ground cumin
1/4 tsp	Dried thyme
1/8 tsp	Ground white pepper
1/8 tsp	Garlic powder
2	Skinless, boneless chicken breast fillets
1 tbsp	Vegetable oil

Method:

1. Preheat oven to 180°C. Mix all of the spices together. Rub one side of chicken breasts with spice mixture.
2. Heat a cast iron griddle plate over high heat. (Do not put oil on it).
3. Place chicken, seasoned side down and cook for 1 minute. Turn, and cook for 1 minute on the other side.
4. Place breasts on a lightly greased baking tray. Bake in preheated oven for 5 to 10 minutes, or until no longer pink in the middle and juices run clear.

To Serve:

Great in a bun as a chicken burger, or on the BBQ or with just about anything!

Chef's Notes:

You can butterfly or slice the breasts in half to get a thinner cut of chicken then treat in the same way although they cook quicker. A great BBQ offering.