



**B&B's BEST**  
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## Cajun Blackened Chicken

This one is best cooked on an outside burner or hot grill. It will smoke up your house.

**Prep Time:** 20 min.

**Cooking Time:** 10 min.

### Ingredients:

- 4 boneless, skinless chicken breasts
- ½ Stick butter
- 2 Tablespoons [B&B's Best Cajun Seasoning](#)
- Cast Iron Skillet

### Instructions:

1. Preheat grill or burner to high heat and place cast iron on the grill to preheat. Pan needs to be very hot.
2. Pound each chicken breast down to about 1/2-inch thickness - they will cook a little faster if they are thinner.
3. In a microwave safe dish, melt butter and add Cajun Seasoning.
4. Coat each chicken piece in the butter/spice mixture and place directly into the hot cast iron pan. There is no need to coat the pan with cooking oil. The quick cooking and high heat should prevent the chicken from sticking if your cast iron is properly seasoned.
5. Cook about 3-4 minutes on each side, until the coating is charred, and chicken is cooked through. *There should be a lot of smoke during the cooking process.* Add any remaining butter mixture to pan as needed.
6. Serve Hot.
7. **Be EXTREMELY careful handling the pan on the grill - use very thick oven mitts or hot pads when handling the pan. Allow pan to cool completely before moving it to another surface.**

