

# Cajun Chicken



5 from 2 reviews

Cajun Chicken Recipe that can be baked, pan fried or grilled. Lean chicken breast coated in easy homemade cajun seasoning for a healthy dinner with a lot of flavour.



- **Author:** ifoodreal.com
- **Prep Time:** 5 minutes
- **Cook Time:** 10 minutes
- **Total Time:** 15 minutes
- **Yield:** 6 servings

## Ingredients

- 2 lbs (3 large) chicken breasts, boneless & skinless
- 1 tbsp [avocado oil](#)

## Homemade Cajun Seasoning:

- 2 1/2 tsp paprika
- 2 tsp [garlic powder](#)
- 1 1/4 tsp [oregano](#)
- 1 1/4 tsp thyme
- 1 tsp [onion powder](#)
- 1 tsp cayenne pepper
- 1 tsp [ground black pepper](#)
- 1 1/2 tsp [salt](#)
- 1/2 tsp [red pepper flakes](#)

## Instructions

1. Cut chicken breasts lengthwise into thinner cutlets and place in a large bowl. In a small bowl, add paprika, garlic powder, oregano, thyme, onion powder, cayenne pepper, black pepper, salt and red pepper flakes; stir to combine.
2. Sprinkle 1 1/2 tbsp of prepared cajun seasoning in the step above on chicken breasts and using tongs toss to coat. If you are grilling or baking cajun chicken, also add avocado oil to the mix.
3. **Pan Fried Cajun Chicken:** Preheat [large ceramic non-stick skillet](#) on medium heat and swirl oil to coat. Add chicken and cook for 5 minutes or until white edges appear, turn and cook for another 4-5 minutes.
4. **Baked Cajun Chicken:** Preheat oven to 450 degrees F, arrange chicken in a single layer in a large baking dish and bake for 25 minutes. Remove from the oven, cover and let rest for 10 minutes.
5. **Grilled Cajun Chicken:** Preheat grill on medium-high heat (450-500 degrees F), place chicken on the grill, close the lid and grill for 8-10 minutes turning

once. Do not overcook. Remove from the grill, cover with foil and let rest for 5 minutes.

**Store: Refrigerate covered for up to 5 days or freeze for up to 2 months in an airtight container.**

**Notes**

Cajun spice mix is from [Allrecipes.com](https://www.allrecipes.com)

★ Did you make this recipe? Please give it a star rating in the comments.

Nutrition Facts			
Serving Size 1/2 breast			
Serves 6			
Amount Per Serving			
Calories		202	
			% Daily Value*
Total Fat 6.3g		10%	
Cholesterol 110.3mg		37%	
Sodium 261.8mg		11%	
Total Carbohydrate 0g		0%	
Sugars 0g			
Protein 34g		68%	
Vitamin A	1%	Vitamin C	0%

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