# Cajun Chicken Recipes

Four boneless chicken cutlets are coated in a homemade Cajun spice blend and seared in a skillet. After the thickest part reaches 165°F (74°C), finish with butter and lemon, then rest briefly before slicing.

| TOTAL 35 min | PREP 15 min | COOK 15 min | ADDITIONAL 5 min | YIELD 4 |
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| DIFFICULTY Easy | | | | |



Serve sliced Cajun chicken with rice and sautéed peppers. | Featured image

## Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 3/4 tsp (4 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1 tsp (2 g) paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dried thyme
- 1/4 tsp cayenne, or to taste
- 1 tbsp (14 g) butter
- 1 tbsp (15 ml) lemon juice

Food safety: Keep raw chicken separate from ready-to-eat food and use clean utensils after handling it. Cook each cutlet to 165°F (74°C) at the thickest point; rest on a clean plate.

# Method and cooking stages

Five separate photos follow the master-plan order: ingredients, preparation, cooking, finishing and plated serving.



**1. Ingredients**
Measured chicken, oil, seasonings, butter and lemon; raw chicken is separate.



**2. Prep**
Slice the breast into four cutlets and rub with the homemade Cajun spice blend.



**3. Cooking**
Sear the seasoned cutlets; check for 165°F (74°C), then lower the heat and add butter and lemon.



**4. Finishing**
Turn the cooked cutlets to coat in lemon butter and rest whole for 5 minutes before slicing.



**5. Serving**
Serve sliced Cajun chicken with rice and sautéed peppers.

### 1. Cut and season

Slice the chicken breast horizontally into four even cutlets. Mix salt, black pepper, paprika, garlic powder, onion powder, dried thyme and cayenne. Rub the spice mixture over both sides of each cutlet. Keep raw chicken and utensils separate from ready-to-eat foods.

### 2. Sear the cutlets

Heat olive oil in a heavy skillet over medium heat. Add the seasoned chicken in a single layer. Sear for about 4–5 minutes per side, adjusting the heat if the paprika darkens too quickly. Cook in batches if needed to avoid crowding.

### 3. Check doneness

Use a food thermometer to check the thickest part of each cutlet; it must reach 165°F (74°C). Do not rely on color alone. Once cooked, lower the heat.

### 4. Finish with lemon butter

Add butter and lemon juice to the skillet. Turn the cutlets to coat in the pan juices, keeping the heat low so the spices do not scorch.

### 5. Rest and slice

Move the chicken to a clean plate or board and rest for 5 minutes. Slice across the grain and spoon a little lemon-butter pan juice over the top.

> Keep raw chicken separate from ready-to-eat food and use clean utensils after handling it. Cook each cutlet to 165°F (74°C) at the thickest point; rest on a clean plate.

## Serving, variations and storage

**Serving:** Serve with rice and sautéed peppers. **Tip:** Mix your own spice blend to control the salt and heat. Lower the burner if paprika darkens too quickly.

**Variations:** For a creamy pan finish, stir in 1/4 cup cream after the chicken is cooked. For a mild version, omit cayenne. For a rice bowl, add sautéed peppers.

**Refrigerate:** Refrigerate promptly in shallow covered containers within 2 hours (within 1 hour above 90°F / 32°C). Keep at 40°F (4°C) or below and use within 3–4 days. **Freeze:** Freeze cooled chicken in airtight portions at 0°F (-18°C) for up to 2 months for best quality. Thaw in the refrigerator. **Reheat:** Reheat leftovers throughout to 165°F (74°C). Warm gently in a covered skillet with a spoonful of water or broth to keep the chicken moist.

Original editorial formulation; not kitchen-tested. Times are estimates. Nutrition was not supplied and is not estimated.