



Cajun Chicken Breasts

Chicken breasts marinated in spices and lemon. Great sliced into a Caesar salad, wrapped in a flour tortilla or eaten on its own with steamed rice and green vegetables. This recipe is also great for putting on the BBQ in summer

Serves : 4

Preparation Time : 5 minutes plus 2 hours marinating

Cooking Time : 15 minutes

Ingredients Herbs & Spices

4 chicken breasts 1 tbsp Cajun Seasoning

1 tbsp olive oil

juice of 1 lemon

Cooking Instructions

Combine the oil, lemon juice and seasoning in a flat dish. Add the chicken breasts and turn over in the marinade until totally covered. Allow the chicken to marinate for at least 2 hours in the fridge.

Heat the grill to hot. Remove the chicken and allow excess marinade to drip off. Place under the grill and cook for 7 - 8 minutes on each side, until the meat is cooked through.

Serve hot or cold.