



Barbecue Cajun Chicken

 Serves 4  EASY



Ingredients

- 4 chicken breasts, skinless and boneless
- 1 tbs oil
- 4 tsp Grill & Sizzle Special Blend Cajun

Method

STEP 1

Brush the chicken breasts with half of the oil and cook on the barbecue or under a pre-heated medium grill for 10 minutes.

STEP 2

Turn over and brush with the remaining oil. Cook for a further 10 minutes.

STEP 3

Sprinkle over the Cajun Special Blend and cook for a further 2-3 minutes or until the chicken is cooked through.

STEP 4

Delicious served on a bed of rocket with tomato and pepper salsa.