

Cajun Blackened Chicken

1 each Dinner's Ready Cajun Blackened Chicken Breast
2 tablespoon vegetable oil

Preheat oven to 350° F.

Heat oil in a heavy skillet over medium-high heat. Place your Dinner's Ready Blackened Chicken Breast in the skillet and cook on first side 3-4 minutes. Turn chicken over and cook on second side 3-4 minutes.

Place the chicken breast on a sheet pan and finish cooking in the oven until internal temperature reaches 165° F, about 20-25 minutes.

Serving Suggestions:

Blackened Chicken with Cajun Cream Sauce
Blackened Chicken Sandwich
Blackened Chicken Salad

Suggested Side Dishes:

Dinner's Ready Twice Baked Potato
Dinner's Ready Grilled Vegetables
Dinner's Ready Yellow Squash Casserole
Dinner's Ready Garlicky Green Beans
Dinner's Ready Fresh-Baked Croissants