

3-Ingredient Blackened Chicken

I'm all for complicated recipes that require a long list of ingredients, detailed instructions, and hours in the kitchen. But there's a time and a place. A busy night where you just need dinner on the table but don't want to hit the drive-thru is not the time nor place for all that.

I'm often weary of recipes that state the number of ingredients in the title. I've tried a lot of them, and while it always sounds like a solid idea, it usually falls flat. But when one of your ingredients is a seasoning blend that is made of lots of other seasonings, then it can work, as it does here with this 3-ingredient blackened chicken.

The seasoning blend I speak of is called Blackened Fish, and it's a potent blend of herbs and spices typically used in a lot of Cajun and Creole dishes. The beauty of this is that you don't have to measure a bunch of single spices, it's all there, and it's all fresh tasting. Because you know you've got at least one or more spices in your cabinet that doesn't pack quite the punch that it should.

Once you've seasoned your chicken breast, then we're gonna pan sear it until it's juicy and browned, in none other than Ava Jane's Kitchen Avocado Oil. If you've got a cast iron skillet, this is the kind of dish it's made for. If not, a durable, heavy, stainless steel skillet will do. Don't use a non-stick here unless that's the only option you've got — non-stick pans are known for not browning up, which is the opposite of what you're going for with this.

Once your chicken is done, how you eat it is up to you. Slice it and serve in a salad with a creamy dressing. Eat it on a sandwich. Or shred it and add it to some tortillas with jalapeños and a creamy slaw. The possibilities are endless here, and once you see how easy this is, you'll be making it over and over again.

3-Ingredient Blackened Chicken

Serves 2

Prep time: 20 minutes

Ingredients:

2 boneless, skinless chicken breasts

1 tablespoon Ava Jane's Kitchen Blackened Fish seasoning

3 tablespoons Ava Jane's Kitchen Avocado Oil

Directions:

Season the chicken breasts liberally with the Blackened Fish seasoning. Heat a heavy bottomed skillet over medium high heat for several minutes until hot.

Add the oil, wait a few seconds, and add the chicken. Cook until it releases from the pan naturally, and flip.

Continue cooking until the thickest part of your chicken reaches 165 degrees F. Remove the chicken from the pan and let it rest for 5-10 minutes before slicing and serving.