

# BLACKENED CHICKEN

## INGREDIENTS

- 2 tbsp. paprika
- 1 tbsp. dried thyme
- 1 tbsp. onion powder
- 1 tbsp. garlic powder
- ¼ tsp. cayenne pepper
- 1 tsp. Diamond Crystal kosher salt
- 4 boneless skinless chicken breasts (8 oz. each)
- 2 tbsp. avocado oil or avocado oil spray



## PREPARATION

1. Preheat your oven to 450°F.
2. In a small bowl, whisk together the paprika, thyme, onion powder, garlic powder, cayenne, and kosher salt.
3. Brush (or spray) the chicken breasts with the oil on both sides, then sprinkle both sides with the seasoning mixture. Press with your fingers to help the coating adhere.
4. Heat a well-seasoned, large cast iron skillet over high heat until smoking hot, about 5 minutes.
5. Add the chicken breasts and cook for 30 seconds on each side to blacken. Then place the skillet in the oven to finish cooking, for 10-12 minutes. The chicken is done when no longer pink in the center or juices run clear when pierced with a fork. Internal temperature should read 160°F. Remove the chicken to a platter and loosely cover with foil to keep warm. Allow resting for 5 minutes before slicing and serving.

