

Blackened Chicken Breast

Ingredients

(Serves 1-2)

- 1 chicken breast, butterflied and pounded to **¼-inch thickness**
- 1 tbsp canola oil (for frying)
- Blackening spice (👉 [Click here to get the blackening spice rub recipe.](#))

Instructions:

1. Pat the chicken breast dry with a paper towel and generously apply the blackening spice mix to both sides.
2. Heat oil in a cast iron or heavy-weight skillet over medium-high heat until shimmering.
3. Cook the chicken for 3-4 minutes until browned, then flip and cook for another 3-4 minutes.
4. Remove the chicken from the skillet once it reaches an internal temperature of **162°F**. Let it rest for **3 minutes** until it reaches **165°F**.
5. Serve and enjoy!