

## CAJUN CHICKEN ALFREDO

### INGREDIENTS

#### CHICKEN:

4 Chicken Breasts (cut into blocks)

To spice Blackening Spice Rub

To fry Olive Oil

3 cloves Garlic, crushed

1/4 cup Chicken Stock

3 cups Thick Cream

1 cup Sundried Tomato (Marinated, diced)

3/4 cup Parmesan, grated

#### BLACKENING SPICE RUB:

3 Tbsp Paprika

2 Tbsp Salt

1 Tbsp Garlic Powder

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1 Tbsp Black Pepper

2 tsp White Pepper

2 tsp Onion Powder

1 tsp Cayenne Pepper

## METHOD

Heat olive oil in a large pan or pot. Put the chicken in and sprinkle with the spice rub (use a generous amount or use based on how much spice you would like)

Fry until well cooked and remove. Put it aside

Add the garlic to the pan and cook for about 1-2 minutes. Add the chicken stock and cream, bring to a simmer and cook until it had reduced by about half. Taste and season with salt and pepper or stir in a tsp of the spice rub

Add in the sun dried tomato and chicken, and then stir in ½ cup of the grated parmesan. Allow to warm through and then serve.

Serve with some zucchini pasta or as a sauce over steamed veggies. Use the rest of the grated parmesan to garnish.

