Hell’s Kitchen Chicken

- Serves: 4
- Prep Time: 15m
- Cook Time: 25m
- Ready In: 40m

Ingredients
- 1 1/2 Pounds Chicken Breasts
- 3 Tablespoons Cajun Seasoning
- 3 Tablespoons Red Pepper Flakes
- 1/2 Cup All Purpose Flour
- 2 Tablespoons Extra Virgin Olive Oil
- 1 Can Diced Tomatoes
- 1/2 Cup Green Pepper, sliced
- 1/2 Cup Red Pepper, sliced
- 1/4 Cup Onion, sliced
- 4 Garlic Cloves, minced
- 1 Package Spaghetti
- Parmesan Cheese

Method
Step 1
Pound Chicken until 1/2 - 3/4 inch thick.
Step 2
Mix cajun seasoning, red pepper flakes and all purpose flour.
Step 3
Preheat large flying pan with Olive Oil.
Step 4
Dredge chicken breasts in seasoning mixture ensuring an even coating.
Step 5
Brown chicken breasts 4-5 minutes both sides. Remove Chicken breasts-
Step 6
Put a pot of water on to boil for the pasta.
Step 7
Add Onion and garlic and saute for 3-4 minutes or until lightly browned. Add green peppers, red peppers and mushrooms and saute for an additional 3-4 minutes.
Step 8
Return chicken and add tomato allow to simmer for 8-10 minutes. Add pasta to water.
Step 9
Drain the pasta when ready, and serve with the chicken on top. Sprinkle some freshly grated parmesan cheese on top for extra flavor!

Cajun-Gewürzmischung

- 1 EL getrockneter Thymian
- 1 EL schwarzer, gemahlener Pfeffer
- 1 EL Zwiebelpulver
- 1-2 EL getrockneter Majoran
- 1-2 EL Knoblauchpulver
- 1-2 EL Salz
- 1-3 EL Rosenpaprika oder edelsüßer Paprika
- 1 EL Cayennepfeffer