



► SERVES 10

Prep Time: 22 mins Total Time: 32 mins

- 1 yellow or orange pepper
- 1 red pepper
- 2 green onions, chopped
- 1 lime
- 4 (8 oz./250 g each) boneless, skinless chicken breasts
- 4 tsp (20 mL) **Jamaican Jerk Rub**
- 1½ tbsp (22 mL) vegetable oil, divided
- ¼ tsp (1 mL) salt
- ⅛ tsp (0.5 mL) black pepper
- 2 garlic cloves, minced

Optional: Cooked rice

Blackened Chicken

1. Preheat the oven to 400°F (200°C).
2. Cut the tops of the bell peppers and remove the seeds and veins with the **Scoop Loop**®. Cut the peppers into quarters and slice about ¼" (6 mm) thick.
3. Cut the lime into quarters. Season each chicken breast with ½ tsp (2 mL) of the rub on each side.
4. Add ½ tbsp (7 mL) of the oil to the **12" (30-cm) Cast Iron Skillet** and preheat over medium-high heat for 3–4 minutes.
5. Add the peppers, green onions, salt, and pepper to the pan, and saute for 3–4 minutes, stirring occasionally.
6. Transfer the veggies to a small bowl. Add garlic to the bowl and mix to combine. Set aside.
7. Add the remaining oil to the skillet, then add the chicken. Cook on one side for 3–4 minutes, or until the exterior is blackened. Flip each chicken breast over and move them to one side of the pan.
8. Add the peppers to the other side of the pan and place in the oven for 8–10 minutes. Use the **Instant-Read Food Thermometer** to ensure chicken breasts reach an internal temperature of 165°F (74°C). Serve with limes and cooked rice if you'd like.