

Cajun Style Dry Rub

Ingredients

- 4 chicken breasts cut into strips
- 1 tbs olive oil

For the rub

- 1 tbs paprika
- 1/2 tsp chilli powder
- 1 tbs thyme
- 1/2 tbs oregano
- 1 tsp salt

Method

Combine all ingredients together well. Pour over chicken and allow to marinate for 1 hour. Bake in hot oven for 15 - 18 min or pan fry for 6-8 minutes each side.