



Turkey: Cajun Blackened Turkey Breast

Ingredients

- 4 x 6 oz (175 g) each turkey breast steaks or pieces turkey breast
- 2 TBSP melted butter
- 2 tsp oil

Cajun seasoning

- 2 tsp cracked black pepper
- 2 tsp onion powder
- 2 tsp paprika
- 1 1/2 tsp salt
- 1 tsp dried thyme
- 1/2 tsp garlic powder
- 1/2 tsp ground cumin
- 1/2 tsp cayenne pepper

Directions

- Flatten turkey steaks to 3/8-inch (6 mm) thickness; brush with butter.
- In small bowl mix together Cajun Seasoning ingredients. Sprinkle over both sides of turkey to coat well.
- Heat oil in a heavy bottom skillet over medium-high heat. Cook turkey 2 to 3 minutes per side. (Turkey will smoke a bit.)