



# Market Open-Air Kitchen

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## JABBS Blackened Chicken

Prepared by Chef Bill Curtis & Maggie Haren  
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### INGREDIENTS

- 1 red or orange pepper
- 1 yellow pepper
- 1/2 to 1 small onion (whichever you like)
- 4 - 8oz boneless, skinless chicken breasts
- 2 Tbsp JABBS JAMAICAN Jerk Rub
- 1½ tbsp vegetable oil, divided
- ¼ tsp JABBS Pink Himalayan sea salt
- ⅛ tsp black pepper
- 2 -3 garlic cloves
- 1 lime or lemon

### DIRECTIONS

1. Preheat the oven to 400°F
2. Cut the tops of the bell peppers and remove the seeds and veins. Cut the peppers into 1/4" slices.
3. Slice the onion into julienne size strips and cut the lime/lemon into quarters. Season the chicken with 1 tsp of the rub on each side.
4. Add ½ tbsp of the oil to 10" or 12" Cast Iron Skillet and preheat over medium-high heat for 3-4 minutes.
5. Add the peppers, onions, salt, and pepper to the pan, and saute for 3-4 minutes, stirring occasionally with Large Chef's Tongs.
6. Transfer the veggies to a small bowl. Press the garlic into the bowl with a Garlic Press or hand mince 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 a Thermometer to ensure chicken breasts reach an internal temperature of 165°F. Serve with lime or lemon slices.



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