



# THE ingles TABLE

with Chef Lu  
Cajun Chicken

## Shopping List

- 1 Tbsp. Onion Powder
- 2 Tbsp. Garlic Powder
- 2 Tbsp. Salt
- 1 Tbs. Pepper
- ½ Tbs. Cayenne
- 1 Tsp. Smoked Paprika
- 2 Tbsp. Chili Powder
- 1 ½ Tbsp. Cumin
- 2 Tbsp. Red Pepper Flakes
- ¼ c Brown Sugar
- ½ Tsp. Oregano
- 1 Pinch Thyme

## Cooking Instructions

- 1) Combine all Ingredients.
- 2) Cut 2 Whole Chicken into 8 parts.
- 3) Coat in oil.
- 4) Generously season chicken with Cajun spice rub.
- 5) Roast in 350° for 45 minutes to 1 hour or until an internal temperature of 165°.
- 6) Allow to rest.
- 7) Melt 1 stick of butter and add 2 tbsp. of Cajun spice mix to butter.
- 8) Baste chicken & serve.



ingles-markets.com | inglestable.com