

CAJUN SPICE MIX 45g



Price: \$4.70

SKU: SKU367

Product Categories: [Blends for Seafood](#), [Blends with Garlic](#), [Blends with Onion](#), [Herbs & Spices](#), [Rubs for Roasts, BBQ's & Grill](#), [Salads](#), [Soups](#), [Spice & Herb Blends](#), [Sugar Free Blends](#)

Product Tags: [American - North & South](#), [c](#), [Herbies Favourites](#)

Product Page:

<https://www.herbies.com.au/shop/herbs-and-spices/spice-herb-blends/cajun-spice-mix-45g>

Product Summary

The best seasoning for making delicious "Cajun Blackened" fish or chicken. (SML PKT)

Product Description

The best seasoning for making delicious "Cajun Blackened" fish or chicken. (SML PKT)

Contains: Paprika, Salt, Basil, Garlic, Onion, Black Pepper, Fennel Seed, Parsley, Cinnamon, Thyme, White Pepper, Cayenne.

Description & Use: A medium heat, spicy blend for seasoning meat before cooking. Using butter in this recipe adds to the blackening effect, which is caused by the burning butter.

Nutritional Information (Spice Mix Only)

Per 100g

Energy (kj)

1025.5

Protein (g)

10.75

Fat (g) Total

4.74

Fat (g) Saturated

0.57

Carbohydrate (g)

43.52

Sugars (g)

6.97

Sodium (mg)

8436.07

CAJUN BLACKENED CHICKEN OR FISH

(Serves 2)

2 fillets chicken breast or 2 fillets of a firm-fleshed fish such as ling

Herbie's Cajun Spice Mix

2 tablespoons butter

Sprinkle the Cajun spice mix over both sides of the fillets, patting on firmly so that they are well coated. Heat the butter in a heavy-based pan – it needs to be hot, as the burning butter is part of the colouring and flavouring effect of Cajun. Cook the meat over moderate heat until done and serve immediately. (Alternatively, the meat can be cooked without butter on a grill or barbecue.)

Product Attributes

- Dimensions: N/A
- Weight: 0.04 kg