



Hot & Spicy Chicken Breast

Ingredients:

- 1 pack Bell & Evans Chicken Breasts
- Tajín Clásico Seasoning
- Cayenne Pepper
- Extra Virgin Olive Oil
- Himalayan Salt

Directions:

Step 1 – open and rinse your chicken breasts under some cold water (its the germaphobe in me lol) then pat completely dry with bounty.

Step 2 – coat the entire pack of chicken breasts with 1 tbsp extra virgin olive oil. Make sure you flip them and coat both sides, rub it in.

Step 3 – now we dust one side of the chicken with cayenne pepper first (important) because you want to be able to see the amount of heat you are adding. Next we add our Tajín, I like to completely cover the chicken with this.

Step 4 – flip over the chicken and repeat Step 3 on the other side.

Step 5 – technically you can start cooking right away but I like to let the chicken rest in the fridge overnight (cover with aluminum foil), this allows the olive oil and flavors to seep in a bit more.

Step 6 – pre-heat your air-fryer, set it to 380° and set the timer to 35 minutes. At the 18 minute mark flip your chicken breasts. You can use a grill if you do not have access to an air-fryer, though I do find the chicken breasts come out much softer using the air-fryer.

Step 7 – once the chicken is done cooking, rest it on your cutting board and begin to slice it according to your liking. Personally I find that chicken reheats much better when it is sliced.

Note* Feel free to adjust the serving sizes of ingredients to meet your macronutrient needs! The great thing about this recipe is the low cal ingredients we are using, 1 tbsp of cayenne pepper is only 17 cal (you will NOT be using that much lol) and Tajín is 0 cal. Weigh out your olive oil as it can be extremely easy to underestimate the amount you use.

Macros should be tailored to an individual, just like your diet or training plan. For athletes and bodybuilders, protein is **the most important macronutrient** whether your goal is *building muscle, burning fat, or enhancing performance*.