

Smoky Cajun Chicken & Zesty White BBQ Sauce - Perfect for Summer Grilling

Cajun Grilled Chicken with Alabama White Sauce - A Southern Classic with a Kick



OVEN
400°F

TIME
15 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

For the Cajun Grilled Chicken:

- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 1 tablespoon Cajun seasoning
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon cayenne pepper (adjust to taste)
- Salt and pepper, to taste
- 1 tablespoon fresh lemon juice

For the Alabama White Sauce:

- 1 cup mayonnaise
- 2 tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- 1 teaspoon lemon juice
- 1/4 teaspoon cayenne pepper
- Salt and black pepper, to taste
- 1 tablespoon chopped fresh parsley (optional, for garnish)

DIRECTIONS

1. Prepare the Chicken: Preheat your grill to medium-high heat (400°F / 200°C).
2. In a small bowl, combine : Cajun seasoning, smoked paprika, garlic powder, onion powder, cayenne, salt, and pepper.
3. Rub chicken breasts with olive oil, then coat generously with the spice mix.
4. Drizzle fresh lemon juice over the seasoned chicken.
5. Let the chicken rest at room temperature for 10-15 minutes to absorb flavor.
6. Grill the Chicken: Place the chicken on the preheated grill.
7. Cook for 6-7 minutes per side, or until the internal temperature reaches 165°F (75°C).
8. Transfer to a plate and let rest for 5 minutes.
9. Make the Alabama White Sauce: In a bowl, whisk together mayonnaise, apple cider vinegar, Dijon mustard, lemon juice, garlic powder, onion powder, cayenne, salt, and pepper.
10. Taste and adjust seasoning as needed.
11. For best flavor, chill for 15-20 minutes before serving.
12. Serve: Drizzle Alabama white sauce generously over grilled chicken or serve it on the side for dipping.
13. Garnish with parsley if desired.
14. Serve hot and enjoy!

TIPS FOR SUCCESS

Pound your chicken breasts for even thickness and faster grilling.

Let the chicken rest before slicing to retain juices.

Make the sauce ahead -flavors develop more as it chills.

Add 1-2 minutes per side for those beautiful grill marks.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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