

Easy Roasted Cornish Hens

MOIST AND TENDER CORNISH HENS SEASONED WITH A SAVORY SPICE MIXTURE AND ROASTED WITH VEGETABLES TO PERFECTION!

 Course	chicken, Dinner, Main, Main Course
 Cuisine	American, southern
 Keyword	cornish hens, easy, how to make, roasted
 Prep Time	15 minutes
 Cook Time	1 hour
 Total Time	1 hour 15 minutes
 Servings	4 people
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4.34 from 93 votes

Ingredients

- 8 carrot peeled and evenly chopped
- 8 celery stalk roughly chopped
- 1 yellow onion sliced
- 5 springs rosemary can use more
- 3 cloves minced garlic optional
- 4 cornish hens thawed, rinsed and patted COMPLETELY dry inside out.
- olive oil
- 1 tablespoon salt
- 1 tablespoon black pepper
- 1 tablespoon garlic powder
- 2 teaspoons smoked paprika
- 2-3 tablespoons parsley
- 3-4 tablespoons butter sliced

Instructions

1. Preheat oven to 450 F.
2. Spread out chopped vegetables and rosemary in the bottom of 9 x 13 inch baking dish.
3. Rub olive oil lightly over the cornish hens. Set aside.
4. In a bowl, mix together spices and sprinkle generously over the hens, being sure to season the inside cavity as well. (double the spice mixture (or at least the salt) & let marinate for 3 hours if you're going for maximum flavor, but that's optional)
5. Place the hens on top of the bed of vegetables.
6. Run your fingers under the skin to loosen it.
7. Place a slice of butter under the skin of each hen.

8. Tie the legs together with kitchen string or foil paper.
9. (I like to sprinkle on more parsley at this point but that's optional)
10. Bake for 50-60 minutes, depending on size of hens.
11. Let hens rest for 15 minutes before eating.