

YIELD: 4

THE BEST EASY ROASTED CORNISH GAME

HENS RECIPE

The **Best Roasted Cornish Game Hens Recipe** - delicious tender juicy cornish game hens packed with flavor. Perfect for a holiday dinner, keto and low carb diet friendly, and easy enough for even beginner cooks!



PREP TIME	COOK TIME	TOTAL TIME
5 minutes	45 minutes	50 minutes

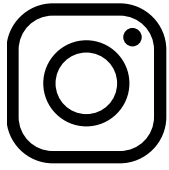
INGREDIENTS

- 4 Cornish game hens
- salt and pepper to taste
- 1 lemon, quartered, to stuff in hens
- 4 sprigs fresh rosemary, to stuff in hens
- 1 tbsp Italian Herb Seasoning Blend
- 1 tbsp butter, softened
- 16 cloves garlic

INSTRUCTIONS

1. Preheat oven to 450F.
2. Rub chickens with 1 tablespoon of butter.
3. Lightly season chickens with salt and pepper.
4. Place 1 lemon wedge, 4 garlic cloves, and 1 sprig rosemary in cavity of each hen.
5. Arrange chickens in a large, heavy roasting pan or on a foil lined baking sheet.
6. Roast in preheated oven for 25 minutes.
7. Reduce oven temperature to 350F.
8. Continue roasting about 25 minutes longer, or until hens are golden brown and juices run clear - and chicken's internal temperature is 170 degrees.
9. Remove hens from oven when they reach 170 degrees with an instant read digital thermometer.
10. Tent hens with aluminum foil as hens carryover cook, do not carve for at least 10 minutes.

11. Serve individual chickens on diners plates, and encourage them to carve tableside for a fun dinner!



DID YOU MAKE THIS RECIPE?

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CUISINE: american / **CATEGORY:** Main Dishes

<https://sweetcsdesigns.com/the-best-roasted-cornish-game-hens-recipe/>