

Garlic Cajun Butter Cornish Hens - Juicy, Crispy & Flavor-Packed

Garlic Cajun Butter Cornish Hens Recipe



OVEN
400°F

TIME
2 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

- 2 Cornish hens (1.5-2 lbs each)
- 2 tbsp olive oil
- 1 tsp Cajun seasoning
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp paprika
- 1/2 tsp thyme
- Salt and pepper to taste
- 1/2 cup unsalted butter
- 3 cloves garlic, minced
- 1 tbsp Cajun seasoning
- 1 tbsp fresh parsley, chopped
- 1 tbsp lemon juice
- 1/2 tsp smoked paprika
- Pinch of red pepper flakes (optional)
- 1 bell pepper, sliced
- 1 onion, sliced
- 1 cup baby potatoes, halved
- 1/2 cup chicken broth

Ingredient Swaps and Notes:

Cornish Hens Substitute: This same recipe works beautifully with bone-in chicken thighs or a small whole chicken.

Butter Alternatives: Ghee or plant-based butter works well if you're dairy-free.

Spice Level: Adjust the Cajun seasoning or omit the

red pepper flakes for a milder version.

Instructions:

Preheat your oven to 400°F (200°C).

Rinse and pat dry the Cornish hens.

Rub hens all over with olive oil.

Combine the dry seasonings and rub evenly over each hen.

Melt butter in a saucepan.

Sauté garlic until fragrant (1-2 minutes).

Stir in Cajun seasoning, parsley, lemon juice, smoked paprika, and optional red pepper flakes. Remove from heat.

Place hens in a roasting pan or baking dish.

Pour half of the garlic Cajun butter over them.

Add sliced peppers, onions, and halved potatoes around the hens.

Pour chicken broth into the pan.

DIRECTIONS

1. Step 1: Prep the Hens
2. Preheat your oven to 400°F (200°C).
3. Rinse and pat dry the : Cornish hens.
4. Rub hens all over with olive oil.
5. Combine the dry seasonings and rub evenly over each hen.
6. Step 2: Make the Garlic Cajun Butter
7. Melt butter in a saucepan.
8. Sauté garlic until fragrant (1-2 minutes).
9. Stir in : Cajun seasoning, parsley, lemon juice, smoked paprika, and optional red pepper flakes. Remove from heat.
10. Step 3: Roast
11. Place hens in a roasting pan or baking dish.
12. Pour half of the garlic : Cajun butter over them.
13. Add sliced peppers, onions, and halved potatoes around the hens.
14. Pour chicken broth into the pan.
15. Roast for 1-1 hr 15 min or until internal temp reaches 165°F (75°C).
16. Baste with remaining garlic butter halfway through.
17. Step 4: ServeLet hens rest for 10 minutes before serving with the roasted veggies and any remaining pan juices.
18. Tips for Success: Use a meat thermometer to ensure doneness without overcooking.
19. Don't skip the basting-it adds loads of flavor and moisture.
20. Broil for the last 2-3 minutes if you want crispier

skin.

21. **Serving Suggestions & Pairings:** These hens shine as a centerpiece dish. Pair them with a cold beer or this Beer Cheese Dip as a starter. Want a full Cajun-style dinner spread? Add Dorito Casserole or Sheet Pan Quesadillas on the side.
22. **For dessert, cool things down with :** Ice Cream Sandwich Cake.
23. **Storage & Leftovers:** Refrigerate leftovers in an airtight container for up to 3 days.
24. **Reheat gently in the oven to maintain crispiness.**
25. **Freeze cooked hens for up to 2 months (without the veggies).**

SWAPS & NOTES

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TIPS FOR SUCCESS

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