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### Frugal Roasted Lemon Cornish Hens

**4 Cornish hens**  
**1 bunch thyme**  
**1 large lemon**  
**2 tablespoons dry mustard**  
**1 tablespoon garlic powder**  
**Olive oil**  
**½ cup minced parsley**  
**½ cup chicken stock**  
**Salt & Pepper**

- Preheat oven to 350 degrees.
- Wash and pat dry Cornish hens.
- Season generously with salt & pepper on both sides. Smear with garlic powder and dry mustard.
- Zest the lemon and place zest on breast side of hens. Don't over do the zest!
- Coat the bottom of an ovenproof skillet with olive oil. Heat well. Add the hens and brown evenly on all sides. Add the chicken broth and turn off the heat.
- Slice the remaining lemon. Place a lemon slice on each hen and sprinkle with parsley. Place a couple of thyme sprigs next to the lemon slices.
- Cover the skillet with foil and place in oven.
- Roast the hens for approximately 20 to 25 minutes, until no juices flow from thigh when pulled away. Remove foil and broil hens for approximately 5 minutes until browned.
- Remove hens from the oven & serve. Discard the lemon and thyme.