



Melinda's Spicy Roast Cornish Hens

5 tsp Melinda's Hot Sauce
1/2 cup chopped cilantro
1 cup chopped parsley
2 tsp rosemary
2 tsp thyme
Juice of 1 lime
5 Tbsp soft butter or olive oil
Salt and pepper to taste
6 Cornish hens

Puree all seasoning ingredients in food processor or blender. Preheat oven to 400 degrees F. Wash hens and blot dry.

Loosen skin from breast and thigh and spread 1/2 of the mixture under skin. Rub the skin to spread well. Rub remaining mixture over the outside of the hens.

Roast on rack for 30—40 minutes or until juices run clear when pricked.