

# Barbecue Cornish Game Hen

*with Coleslaw & Sautéed Corn*

Barbecue chicken with slaw and corn is traditional across the American South. Flavors of the sauce itself can vary from state to state. Ours has a terrific balance of sweet and tangy notes and coats a Cornish game hen in place of chicken. We spice up the typical coleslaw and corn with sesame oil and cilantro. It's a flavorful twist on an American classic!



## Ingredients

- 2 Cloves Garlic
- 2 Ears Corn
- 1 Large Bunch Cilantro
- 1 Large Carrot
- ½ Head Red Cabbage
- 1 Cornish Game Hen, Split
- 1 Lemon
- 1 Tablespoon Sesame Oil
- 2 Tablespoons Butter
- ½ Cup Barbecue Sauce

Makes 2 Servings  
About 780 Calories Per Serving



# Instructions

1



## Prepare your ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Peel and mince the garlic. Remove the husks and silks from the corn. Using a knife, cut the kernels off the cobs. Peel and cut the carrot into thin matchsticks. Roughly chop the cilantro leaves. Core and thinly slice the cabbage.

2



## Roast the Cornish hen:

Rinse the **Cornish hen** under cold water and pat it dry with paper towels. Place it in a roasting pan or on a large baking sheet, and drizzle it with a little olive oil. Season it with plenty of salt and pepper. Roast in the oven for 20 to 25 minutes, or until browned and cooked through.

3



## Make the coleslaw:

In a large bowl, combine the **carrot, cabbage, sesame oil, the juice of the whole lemon, and a drizzle of olive oil**. Season with salt and pepper to taste and toss to coat.

4



## Cook the corn:

In a large pan, melt the **butter** on medium-high. Add the **garlic** and **corn** and cook 1 to 2 minutes, or until tender, stirring occasionally. Season with salt and pepper to taste, then remove from the heat. Stir in **half the cilantro** until combined.

5



## Glaze the Cornish hen:

Immediately after the Cornish hen comes out of the oven, brush or spoon almost all the **barbecue sauce** all over the hen. (Reserve the rest for serving.) Roast in the oven an additional 1 to 2 minutes to glaze the hen.

6



## Plate your dish:

Divide the coleslaw and corn between 2 plates. Top each with a Cornish hen half. Spoon the **remaining barbecue sauce** over each hen half before eating, if you like. Garnish with the **remaining cilantro**. Enjoy!