



Roasted Cornish Game Hens With Pumpkin Seed Pesto

 Gluten Free  Dairy Free

READY IN



235 min.

SERVINGS



8

CALORIES



786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 pounds cornish game hens
- 1 cup parsley leaves fresh loosely packed
- 1 small clove garlic minced
- 8 servings kosher salt
- 2 tablespoons juice of lemon fresh
- 5 tablespoons olive oil extra-virgin
- 1 teaspoon paprika

- 0.5 cup pepitas green hulled (pumpkin seeds)
- 2 scallions chopped

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- roasting pan
- kitchen thermometer
- kitchen twine
- chefs knife

Directions

- Heat 3 tablespoons olive oil, the pepitas, 1/2 teaspoon salt and a large pinch of paprika in a large skillet over medium heat. Cook, shaking the skillet, until the seeds begin popping and some turn brown, about 5 minutes.
- Remove from the heat and let cool completely.
- Transfer the seeds and oil to a food processor; add 1/2 cup water, the parsley, scallions, lemon juice and 1/4 teaspoon salt and pulse until pureed.
- Remove about 3 tablespoons of the pesto for the hens and set aside the rest for serving.
- Slide your fingers under the breast skin of each hen to loosen. Slide 2 heaping teaspoons of the pesto under the skin of each hen, then rub the skin to distribute the pesto.
- Mash the garlic and 2 teaspoons salt with the flat side of a chef's knife to make a paste.
- Combine with the remaining 2 tablespoons olive oil and 1 teaspoon paprika in a bowl, then rub all over the hens. Refrigerate, uncovered, at least 2 hours or overnight.
- Put the hens on a rack in a shallow roasting pan or rimmed baking sheet and tie the legs together with kitchen twine. Roast, rotating the pan halfway through, until the skin is golden brown and a thermometer inserted into the thickest part of the thigh registers 170 degrees F, about 1 hour.
- Let rest 15 minutes, then cut each hen in half.

Serve with the reserved pesto.

Photograph by Con Poulos

Nutrition Facts

PROTEIN 31% **FAT 68.15%** **CARBS 0.85%**

Properties

Glycemic Index:14.88, Glycemic Load:0.18, Inflammation Score:-7, Nutrition Score:28.156956320224%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 785.85kcal (39.29%), Fat: 58.52g (90.02%), Saturated Fat: 14.81g (92.53%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.31g (0.35%), Cholesterol: 343.6mg (114.53%), Sodium: 406.71mg (17.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.9g (119.81%), Vitamin K: 143.14µg (136.33%), Vitamin B3: 19.65mg (98.25%), Selenium: 40.62µg (58.03%), Phosphorus: 532.71mg (53.27%), Vitamin B6: 1.03mg (51.48%), Vitamin B2: 0.6mg (35.19%), Zinc: 4.33mg (28.89%), Potassium: 896.24mg (25.61%), Vitamin A: 1153.15IU (23.06%), Magnesium: 90.03mg (22.51%), Vitamin B5: 2.15mg (21.47%), Iron: 3.63mg (20.16%), Vitamin B12: 1.12µg (18.71%), Vitamin B1: 0.27mg (17.99%), Vitamin C: 13.89mg (16.83%), Vitamin E: 2.45mg (16.34%), Manganese: 0.26mg (13.21%), Copper: 0.24mg (11.89%), Folate: 26.73µg (6.68%), Calcium: 53.46mg (5.35%), Fiber: 0.67g (2.69%)