

Air Fryer Cilantro-Lime Cornish Hen

YIELDS:

1 - 2 serving(s)

PREP TIME:

5 mins

TOTAL TIME:

50 mins

CAL/SERV:

489

Ingredients

- 1 whole cornish hen (about 1 1/2 lb.)
- 1/2 tsp. kosher salt
- 1/4 tsp. freshly ground black pepper
- 1 clove garlic, minced
- 2 tbsp. chopped fresh cilantro leaves, plus more for serving
- 1 tbsp. extra-virgin olive oil
- 1 tbsp. fresh lime juice
- 3/4 tsp. low-sodium soy sauce
- 1/4 tsp. ground cumin
- Lime wedges, for serving

Directions

- **Step 1**
Pat cornish hen dry with paper towels; season all over with salt and pepper.
- **Step 2**
In a medium bowl, combine garlic, cilantro, oil, lime juice, soy sauce, and cumin. Add cornish hen and toss to coat. Let

marinate at least 15 minutes at room temperature, or cover bowl and refrigerate up to 1 hour.

- **Step 3**

Remove cornish hen from marinade. In an air-fryer basket, arrange cornish hen breast side down. Pour any marinade remaining in bowl over top of cornish hen. Cook at 350°, flipping halfway through, until skin is golden and crisp and cornish hen is just cooked through, 25 to 30 minutes.

- **Step 4**

Transfer cornish hen to a platter. Pour any juices from bottom of air-fryer basket over top. Top with more cilantro. Serve with lime wedges alongside.