



CHICKEN RECIPE BOOK CHICKEN RECIPE BOOK CHICKEN RECIPE BOOK

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Garlic & Herb Roast

Bake time 45–60 min

Serving 2 People

Prep time 15 min

- 1 KQ Baking Hen
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1 tbsp fresh rosemary, chopped
- 1 tbsp fresh thyme, chopped
- Salt & pepper

Preheat the oven to 375°F (190°C). Pat hen dry. Season generously inside and out with salt and pepper.

Mix oil, garlic, rosemary, and thyme. Rub all over the hen. Roast for 45–60 minutes, or until cooked through and skin is golden.

Let it rest for 10 minutes.



Honey Glazed Hen

Bake time 45-60 min

Serving 2 People

Prep time 10 min

- 1 KKQ Baking Hen
- 1/4 cup honey
- 2 tbsp soy sauce
- 1 tsp ground ginger
- 1/2 tsp garlic powder
- Salt & pepper

Preheat oven to 400°F (200°C). Pat hen dry and season with salt and pepper.

Combine honey, soy sauce, ginger, and garlic powder in a small bowl. Roast hen in a small bowl. Roast hen for 20 minutes, then brush glaze all over the hen. Repeat gliding every 10 minutes.

Continue roasting for 45-60 minutes total, until hen is cooked through. Let it rest.



Lemon Thyme Hen

- 1 KKQ Baking Hen
- 1 lemon
- 4-5 sprigs fresh thyme
- 2 tbsp melted butter
- Salt & pepper



Bake time 45-60 min

Serving 2 People

Prep time 15 min

Preheat oven to 375°F (190°C). Pat hen dry. Stuff cavity with lemon halves and thyme sprigs.

Brush hen with melted butter. Season with salt and pepper. Roast for 45-60 minutes, or until cooked through and skin is golden.

Squeeze roasted lemon juice over the hen before serving. Let it rest.

Balsamic Roast Hen

Bake time 45-60 min

Serving 2 People

Prep time 10 min

- 1 KKQ Baking Hen
- 1/4 cup balsamic vinegar
- 2 tbsp olive oil
- 1 tsp Italian seasoning
- 1 clove garlic, minced
- Salt & pepper

Preheat oven to 400°F (200°C). Pat hen dry and season with salt and pepper.

Combine balsamic vinegar, olive oil, Italian seasoning, and garlic. Roast hen for 20 minutes, then brush with the balsamic mixture. Repeat every 10-15 min.

Continue roasting for 45-60 minutes total, until hen is cooked through. Let it rest.



Smoked Paprika & Garlic Hen

- 1 KKQ Hen
- 1 tbsp smoked paprika
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 2 tbsp olive oil
- Salt & pepper

Bake time 45-60 min

Serving 2 People

Prep time 10 min

Preheat oven to 400°F (200°C). Pat hen dry. Combine paprika, garlic powder, onion powder, and oil to form a paste.

Rub paste over the hen. Season with salt and pepper. Roast for 45-60 minutes, until cooked through and skin is crispy.

Let it rest.

