

Yield: 4

Garlic Soy Grilled Spatchcocked Chicken

Prep Time

1 hour 10 minutes

Cook Time

40 minutes

Total Time

1 hour 50 minutes



Ingredients

- 2 Spatchcocked Tyson Cornish Hens
- 1/2 cup melted butter
- 1/4 cup minced garlic
- 2 Tablespoons lemon juice
- 1/4 cup of Kikkoman Soy Sauce

Instructions

1. In a large bowl, mix up the marinade by mixing together the butter, garlic, lemon juice and soy sauce.
2. Allow the cornish hens to sit in the large bowl of marinade for 1 hour. I flipped them over at 30 minutes.
3. Once they have marinated, fire up the grill.
4. Place them flat on the surface of the hot grill. I cooked them for 20 minutes each side. I used a spatula to press them down and keep them flat while they are cooking. I have heard of others putting a foil covered brick on top, we did not do that, I just simply pressed them down a lot. I also added more marinade as they were cooking.
5. Total cook time was about 40-45 minutes for juicy, delicious Cornish Hens.



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