

## **Baked Coturnix Quail**

### **Ingredients:**

- 4 coturnix quails, cleaned and patted dry
- Salt and pepper, to taste
- 1/4 cup butter, melted

### **Directions:**

- Preheat your oven to 375°F.
- Season 4 coturnix quails with salt and pepper, and place them in a baking dish.
- Drizzle 1/4 cup of melted butter over the quails.
- Bake the quails for 25-30 minutes, or until cooked through.
- Serve hot with roasted vegetables or a salad.