



Trio of BBQ Marinades

Serves 4 EASY



Ingredients

MIXED HERB MARINADE:

- 2 tbs Onion Minced
- 1 tbs Mixed Herbs
- 100 ml (3 fl oz) olive oil
- 2 tbs white wine vinegar

LEMON AND GARLIC MARINADE:

- 2 tbs Easy Garlic
- 1 lemon, rind and juice
- 1 tbs Turmeric
- 100 ml (3 fl oz) olive oil

HONEY AND CHILLI MARINADE:

- 4 tbs runny honey
- 1 tsp Easy Chilli
- 2 tbs soy sauce

Method

STEP 1

MIXED HERB MARINADE: Place the onion, herbs, oil and vinegar in a bowl and beat well. Brush over chicken or fish and leave to marinate for 30 minutes. Barbecue or grill and serve as you wish.

STEP 2

LEMON & GARLIC MARINADE: Place the Turmeric, lemon rind and juice in a bowl and beat well with the oil. Brush over meat or vegetables and leave to marinate for 30 minutes before cooking to your liking.

STEP 3

HONEY & CHILLI MARINADE: Place the honey, Chillies and soy sauce in a bowl and beat well. Brush over your chosen ingredients and cook as you wish.