

# 5 EASY BARBEQUE MARINADES



## MARINADE INSTRUCTIONS

Simply combine all the ingredients in a bowl. Add your chosen meat/fish/veg and leave to marinate before grilling until cooked through. Each recipe makes enough for four servings.

		
15-20 mins	1-3 hrs	6-12 hrs
<ul style="list-style-type: none"> <li>Fish</li> <li>Seafood</li> <li>Vegetable</li> </ul>	<ul style="list-style-type: none"> <li>Small portions of meat</li> <li>Poultry</li> <li>(e.g. diced meat for kebabs, thin steaks)</li> </ul>	<ul style="list-style-type: none"> <li>Large joint of meat</li> <li>Whole chicken</li> </ul>

## THE MARINADES

### Cuban

1

1 orange, juiced

2

1 red chilli, finely chopped

3

2 spring onions, finely chopped

4

2 tbsp. olive oil

5

zest of 1 lime

### Tandoori

1

100ml soy yogurt

2

25g ginger, grated

3

2 tsp. smoked paprika

4

1 tsp. ground cumin

5

1 tbsp. olive oil

### Herby

1

1 lemon, zest and juice

2

2 garlic cloves, crushed

3

3 sprigs of rosemary, finely chopped

4

5 tbsp. olive oil

### Sticky

1

2 garlic cloves, crushed

2

1 red chilli, finely chopped

3

15g fresh parsley, finely chopped

4

3 tbsp. honey

5

100ml vegetable oil

### Tropical

1

1 lemon, zest and juice

2

2 garlic cloves, crushed

3

3 sprigs of rosemary, finely chopped

4

5 tbsp. olive oil