

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. Each recipe makes enough for four servings.



15-20 mins

- Fish
- Seafood
- Vegetable



1-3 hrs

- Small portions of meat
- Poultry
- (e.g. diced meat for kebabs, thin steaks)



6-12 hrs

- Large joint of meat
- Whole chicken



THE MARINADES

Cuban

1

1 orange,
juiced

2

1 red chili,
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

A list of five ingredients for a sticky sauce, each in a light grey rounded rectangle with a red circle containing a number. The background is white with faint pink line drawings of chili peppers and garlic.

1

2 garlic
cloves, crushed

2

1 red chili,
finely chopped

3

15g fresh
parsley, finely
chopped

4

3 tbsp.
honey

5

100ml
vegetable oil

Tropical

A list of five ingredients for a tropical sauce, each in a white rounded rectangle with a purple circle containing a number. The background is purple with faint white line drawings of pineapples.

1

3 tbsp.
pineapple
juice

2

1 tbsp.
soy sauce

3

1 tbsp.
honey

4

2 cloves
garlic,
minced

5

$\frac{1}{4}$ tsp.
chili flakes