



MARINADE INSTRUCTIONS

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



THE MARINADES

Cuban

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1 orange, juiced 2

1 red chili, finely chopped 3

2 spring onions, finely chopped Δ

2 tbsp. olive oil 5

zest of 1 lime

1

100ml soy yogurt 2

25g ginger, grated **Tandoori**

3

2 tsp. smoked paprika 4

1 tsp. ground cumin 5

1 tbsp. olive oil

Herby

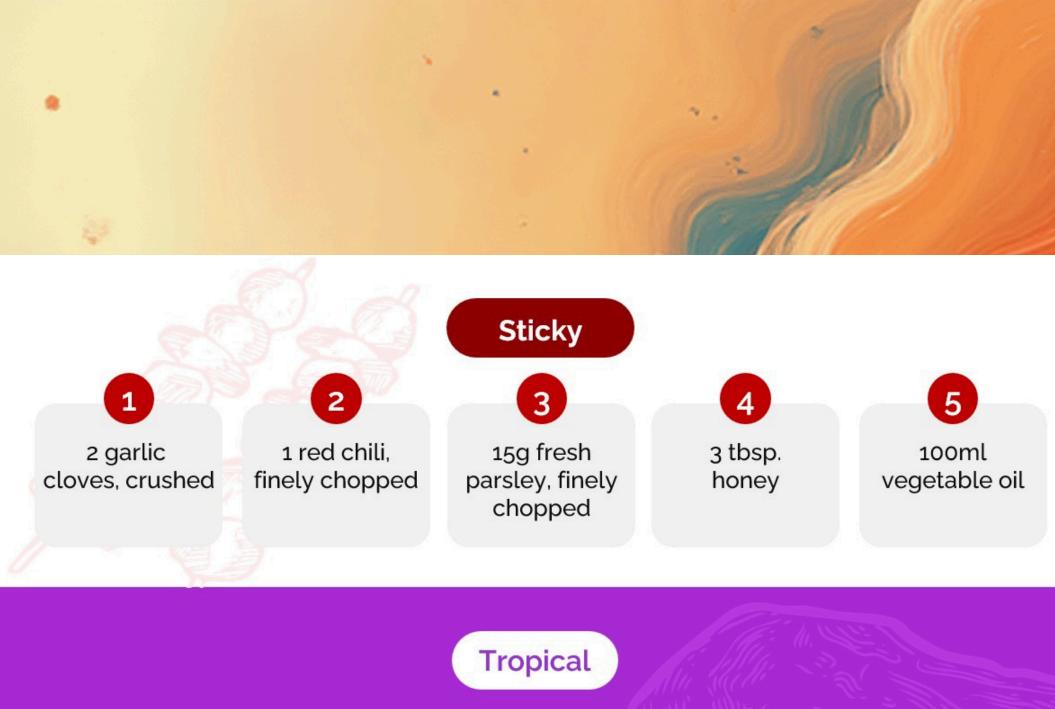
1

1 lemon, zest and juice 2

2 garlic cloves, crushed 3

3 sprigs of rosemary, finely chopped 4

5 tbsp. olive oil





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