



Sonia's Favourite Marinade Recipes

Totally changeable and freezes well

Combine all ingredients in a zip-lock bag, seal, mix around. Leave to marinate for at least two hours

Sweet Chili

700 g	Chicken breast
¼ cup	Sweet chilli sauce (reduced-sugar if preferred)
1 tbsp	Soy sauce
1 tbsp	Rice vinegar or lime juice
1 tbsp	Olive oil
2-4	Garlic cloves, minced
1-2	Grated fresh ginger
¼ tsp	Chilli flakes (optional)
¼ tsp	Salt
¼ tsp	Black pepper

Pesto Basil

700 g	Chicken breast
¼ cup	Jarred pesto
2 tbsp	Olive oil
2 tbsp	Lemon juice
2	Garlic cloves, minced
2 tbsp	Fresh basil, finely chopped
1 tbsp	Grated Parmesan (optional)
½ tsp	Salt
¼ tsp	Black pepper

Lemon & Herb Garlic

700 g	Chicken breast
¼ cup	Olive oil
Zest of	1 - 2 lemon
3-4 tbsp	Lemon juice
1	Sliced lemon
3	Garlic cloves, minced
1 tbsp	Fresh parsley, chopped
1 tbsp	Fresh thyme
1 tsp	Dijon mustard
½ tsp	Onion powder
½ tsp	Salt
¼ tsp	Black pepper

