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PRESENTS...

Let's Get Cooking!!!

BBQ Marinade (Veggies, Chicken or Pork)

Prep Time: 5 minutes

Cooking Time: 0
minutes

Serves



Ingredients

- 2 Spring onions
- A handful of Coriander and Parsley
- 1 Teaspoon of Cumin
- 2 Teaspoons of Paprika
- 2 Teaspoons Himalayan Sea Salt
- 2 Cloves Garlic
- 2 Tablespoons Olive Oil
- 1 Lime (juice)
- 1 Teaspoon sumac
- 1 Teaspoon Black Pepper
- 1 approx 5 cm piece of Ginger

Method

1. Blend all ingredients together to form a smooth paste.
2. Pour over chicken (wings, drumsticks, thighs), turkey or pork and allow to marinade overnight for a fuller and more intense flavour.
3. Take meat out of fridge 2 hours before cooking on the charcoal grill.
4. For a vegan alternative use marinade on aubergine, peppers, mushrooms, courgette and onion. Tastes just as good.