



**CILANTRO**

# 7 CHICKEN MARINADE RECIPES

*you can freeze*



**JERK**



**LEMON GINGER**



**HONEY GARLIC**



**CURRY & YOGURT**



**CHIPOTLE**

*Sweet  
Peas* AND   
SAFFRON

## INSTRUCTIONS

Combine all ingredients in a heavy duty freezer bag. Add chicken breasts and turn to coat in marinade.

### FRIDGE:

Marinate the chicken in the fridge for 2-24 hours.

### FREEZER:

If freezing, place in the freezer immediately. Thaw in the fridge overnight, or by immersing the bag in a bowl of cold water for a couple of hours.

### TO BAKE:

Heat oven to 425°F. Bake chicken in a shallow baking dish for 10 minutes, flip over, then bake for another 10-20mins.

For 5-7 oz chicken breasts, bake for 20 minutes total. For 10 oz and larger chicken breasts, bake for at least 25 mins

Allow chicken to rest at room temperature for 5-10 minutes before slicing.

## Jerk Chicken Marinade

### Ingredients

#### Per chicken breast (serves 2):

½ teaspoon dried thyme leaves  
½ teaspoon ground allspice  
1 tablespoon brown sugar  
¼ teaspoon salt  
¼ teaspoon pepper  
¼ tablespoon garlic powder  
¼ teaspoon cinnamon  
⅛ teaspoon cayenne  
1 tablespoon olive oil  
1 tablespoon lime juice

#### For 1 lb of chicken (serves 4):

1 teaspoon dried thyme leaves  
1 teaspoon ground allspice  
2 tablespoons brown sugar  
½ teaspoon salt  
½ teaspoon pepper  
½ tablespoon garlic powder  
½ teaspoon cinnamon  
¼ teaspoon cayenne  
2 tablespoons olive oil  
2 tablespoons lime juice

## Sweet Chili Chicken Marinade

### Ingredients

#### Per chicken breast (serves 2):

1.5 tablespoons soy sauce  
3 tablespoons sweet chili sauce  
2 tablespoons water (add just before baking)

#### For 1 lb of chicken (serves 4):

3 tablespoons soy sauce  
1/3 cup + 1 tablespoon sweet chili sauce  
¼ cup water (add just before baking)

## Lemon Ginger Chicken Marinade

### Ingredients

#### Per chicken breast (serves 2):

1 tablespoon olive oil  
1 teaspoon lemon juice  
1 teaspoon minced ginger  
⅛ teaspoon salt  
(optional) ⅛ teaspoon red pepper flakes

#### For 1 lb of chicken (serves 4):

2 tablespoons olive oil  
2 teaspoons lemon juice  
2 teaspoons minced ginger  
¼ teaspoon salt  
(optional) ¼ teaspoon red pepper flakes

## Chipotle Lime Chicken Marinade

### Ingredients

#### Per chicken breast (serves 2):

1 tablespoon olive oil  
1 teaspoon adobo sauce (from a can of chipotle peppers)  
¼ teaspoon paprika  
1 teaspoon brown sugar  
1 clove garlic, minced  
1 tablespoon lime juice  
⅛ teaspoon salt

#### For 1 lb of chicken (serves 4):

2 tablespoons olive oil  
2 teaspoons adobo sauce (from a can of chipotle peppers)  
½ teaspoon paprika  
2 teaspoons brown sugar  
2 cloves garlic, minced  
2 tablespoons lime juice  
¼ teaspoon salt

## Recipes

## Cilantro Lime Chicken Marinade

### Ingredients

#### Per chicken breast (serves 2):

1 tablespoon olive oil  
1 tablespoon lime juice  
2 teaspoons honey  
¼ cup cilantro leaves, chopped  
1 clove garlic, minced  
⅛ teaspoon salt

#### For 1 lb of chicken (serves 4):

2 tablespoons olive oil  
2 tablespoons lime juice  
4 teaspoons honey  
½ cup cilantro leaves, chopped  
2 cloves garlic, minced  
¼ teaspoon salt

## Soy Honey Garlic Chicken Marinade

### Ingredients

#### Per chicken breast (serves 2):

1 tablespoon olive oil  
1 tablespoon soy sauce (I use reduced sodium)  
2 tablespoons honey  
1 clove garlic, minced  
2 tablespoons water (add just before baking)

#### For 1 lb of chicken (serves 4):

2 tablespoons olive oil  
2 tablespoons soy sauce (I use reduced sodium)  
¼ cup honey  
2 cloves garlic, minced  
¼ cup water (add just before baking)

## Curry Yogurt Chicken Marinade

### Ingredients

#### Per chicken breast (serves 2):

2 tablespoons yogurt  
1 teaspoon lime juice  
⅛ teaspoon salt  
1 teaspoon curry powder  
½ teaspoon brown sugar

#### For 1 lb of chicken (serves 4):

¼ cup yogurt  
2 teaspoons lime juice  
¼ teaspoon salt  
2 teaspoons curry powder  
1 teaspoon brown sugar