



7 MORE CHICKEN MARINADES

you can freeze

Sweet
peas ^{AND}
SAFFRON 

INSTRUCTIONS

Combine all ingredients in a heavy duty freezer bag. Add chicken breasts and turn to coat in marinade. *Each marinade recipe is for one large (7 oz) chicken breast; double the recipe for 1 lb.

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.

Recipes

Peri Peri Chicken Breast Marinade

Ingredients

1 tablespoon olive oil
1 teaspoon lemon juice
1 teaspoon paprika
1/4 teaspoon red pepper flakes
1 clove garlic, minced
1/4 teaspoon salt
1/2 teaspoon oregano
1 tablespoon brown sugar

Thai Peanut Chicken Breast Marinade

Ingredients

2 tablespoons reduced sodium soy sauce
2 tablespoons creamy peanut butter
1 clove garlic, minced
1 tablespoon brown sugar
1 tablespoon sesame oil
1/4 teaspoon red pepper flakes
2 tablespoons water

Sriracha Maple Chicken Breast Marinade

Ingredients

1 tablespoon olive oil
1 tablespoon soy sauce
2 tablespoons maple syrup
1-3 teaspoons sriracha
1 clove garlic, minced
2 tablespoons water

Miso Honey Chicken Breast Marinade

Ingredients

1 tablespoon white miso paste
1 tablespoon honey
1 tablespoon sesame oil
1 tablespoon finely chopped ginger
1/4 teaspoon red pepper flakes

Lemon Pepper Chicken Breast Marinade

Ingredients

2 teaspoons lemon pepper
1/4 teaspoon salt
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/4 teaspoon thyme leaves
1.5 tablespoon olive oil

Brown Sugar Hoisin Chicken Breast Marinade

Ingredients

1.5 tablespoon olive oil
3 tablespoons hoisin sauce
1.5 tablespoon brown sugar
1 teaspoon lime juice
1/4 teaspoon red pepper flakes

Coconut Five Spice Chicken Breast Marinade

Ingredients

200 mL/ 1/2 a can of coconut milk
2 tablespoons brown sugar
2 tablespoons soy sauce
2 teaspoons lime juice
1/2 teaspoon Chinese five spice
1/4 teaspoon red pepper flakes