



STiCKY BBQ MARiNADE



TOTAL TIME: 10-15 minutes

TOTAL INGREDIENTS: 5

SERVES: 10 people

SPICE LEVEL: Mild

This sticky marinade is perfect for adding extra BBQ flavours to your meat and chicken. Simply make the marinade, brush all over your food then cook until golden, sticky and cooked through! Makes a 200ml batch of marinade (use as much as you need and save the rest in the fridge for another day!)



1 x 35g packet of Old El Paso™ Smoky BBQ Seasoning Mix



150g tomato ketchup



1 orange (juice of ½)



2 tablespoon honey



½ tablespoon white-wine vinegar

1 MIX THE INGREDIENTS

Mix all the ingredients together in a bowl until combined.

2 SPREAD THE MARINADE

Spread 1-2 tablespoons of the marinade all over your steak (or chicken breast, or to coat your sausages)

3 WORK OUT TIMINGS

Depending on what you're cooking (and how thick the cut of meat is) it will take different lengths of time.

4 STEAK TIMINGS

Steak – as a rough guide, a thick 1.5cm steak would need around 2 minutes on each side if you like it rare, 2-3 mins for medium rare, and 4 minutes on each side for well done.

5 CHICKEN TIMINGS

Chicken breast – approx. 2cm thick, cook for around 5 minutes on each side, basting every few minutes to get a nice sticky golden coating.

6 SAUSAGES TIMINGS

Sausages – if using thick sausages, cook on each side until they are brown and cooked through, then brush with the marinade and cook for another minute or so until all sticky and golden.

7 REST & SERVE

Once your meat/chicken is cooked leave to rest for a couple of minutes before slicing up and serving with your other BBQ sides, dips, nachos etc.