



Honey Soy Marinade

EASY • 5 MINS

Full of flavour and made with a few pantry staples, this is the honey soy marinade that will be your weekday go-to. Perfect for chicken, beef, fish and tofu!



SKILL LEVEL
Easy

PREP TIME
5 mins

SERVINGS
4

Ingredients

- 90g (¼ cup) [Capilano Pure Honey](#)
- 3 tbsp soy sauce
- 1 tbsp lemon juice
- 1 tsp crushed garlic and/or grated ginger

Method

1. Whisk all ingredients in a large shallow dish with a fork.
2. Add your chosen meat in one layer and turn to coat thoroughly.

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

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(optional)

Used in this recipe



ACTIVE MANUKA HONEY

Nature's Sweet Superfood

Made by some of the world's healthiest bees*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

Method

3. Cover with cling wrap and refrigerate for anytime between 30 minutes and 24 hours. The longer you leave to marinate the more intense the flavour.

4. Remove the meat from the marinade and cook using preferred method.

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