



Honey Mustard Marinade

EASY • 15 MINS

Is there anything better than sweet, creamy honey mustard sauce? Drizzle some of this on salads, use it as a marinade for chicken, or dip your favourite bite-sized snacks straight in!



SKILL LEVEL
Easy

PREP TIME
15 mins

SERVINGS
4-6 as a marinade or sauce

Ingredients

- 90g (⅓ cup) [Capilano Honey](#)
- 2 tbsp Dijon mustard

Method

1. In a medium bowl, combine all ingredients until smooth. Transfer to jars or airtight containers and store for up to 3 weeks.

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- ½ tsp sweet paprika
- ½ tsp each, sea salt & black pepper
- ½ tsp crushed garlic
- 2 tsp red wine or apple cider vinegar
- 1 tbsp extra virgin olive oil

Method

2. Marinade Instructions: In a medium bowl or casserole tray, combine 1kg chicken breast or tenderloin fillets with honey mustard marinade, mixing well. Cover and chill for at least 30 minutes or up to 24 hours. When ready to cook, preheat BBQ or frypan and cook 4-5 minutes each side until golden and cooked through.

Used in this recipe

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