



Greek marinade

5'
Hands on

250 g
Portion(s)

1
Difficulty



Ingredients

- 150 g olive oil
- 100 g lemon juice
- grated zest of 1 lemon
- 2 cloves of garlic, crushed
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme
- 1 ½ kilos fish or chicken or lamb

Διατροφικός πίνακας

Nutrition information per 100 gr.

538 Calories (kcal)	59.0 Total Fat (g)	8.4 Saturated Fat (g)	0.97 Total Carbs (g)
27%	84%	42%	0%
0.66 Sugars (g)	0.31 Protein (g)	0.14 Fibre (g)	0.0 Sodium (g)
1%	1%	1%	0%

Method

- In a glass bowl, combine all of the ingredients for the marinade with a spoon or a whisk.
- Add the meat or poultry or fish or seafood and marinate depending on the needs of each kind. cover with plastic wrap. Refrigerate and allow to marinate.
- You can marinate chicken from 20 minutes up to 12 hours, the lamb or beef from 3 hours up to 24 hours and the fish or seafood from 10 minutes up to 20 minutes.