



Classic marinade

5'
Hands on

200 g
Portion(s)

1
Difficulty



Method

- In a glass bowl, combine all of the ingredients for the marinade with a spoon or a whisk.
- Add the meat of poultry 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 and the pork or beef from 3 hours up to 24 hours.

Ingredients

- 100 g soy sauce
- 100 g olive oil
- 50 g worcestershire sauce
- 2 tablespoon(s) balsamic vinegar
- 2 tablespoon(s) brown sugar
- 4 clove(s) of garlic, sliced
- pepper
- 1 1/2 kilo beef

Διατροφικός πίνακας

Nutrition information per 100 gr.

373 Calories (kcal)	30.9 Total Fat (g)	4.4 Saturated Fat (g)	19.2 Total Carbs (g)
19%	44%	22%	7%
16.6 Sugars (g)	3.8 Protein (g)	0.41 Fibre (g)	5.0 Sodium (g)
18%	8%	2%	83%