



Thai marinade

5'
Hands on

200 g
Portion(s)

1
Difficulty



Ingredients

- ¼ bunch coriander, finely chopped
- 2 cloves of garlic
- 50 g soy sauce
- 2 tablespoons fish sauce
- juice from 1 lime
- 50 g sunflower oil
- 50 g brown sugar
- 1 ½ kilos seafood or fish or chicken

Διατροφικός πίνακας

Nutrition information per 100 gr.

336 Calories (kcal)	24.3 Total Fat (g)	2.9 Saturated Fat (g)	25.5 Total Carbs (g)
17%	35%	15%	10%
24.2 Sugars (g)	3.1 Protein (g)	0.33 Fibre (g)	6.9 Sodium (g)
27%	6%	1%	114 %

Method

- In a glass bowl, combine all of the ingredients for the marinade with a spoon or a whisk.
- Add the 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 and the fish or seafood from 10 minutes up to 20 minutes.