

Golden Marinade



Prep time	5 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Condiment
Misc	Pre-preparable
Occasion	Barbecue
From book	The Failsafe Cookbook

Ingredients

- 3 tablespoons golden syrup
- 3 tablespoons sunflower oil
- 1 spring onion (finely chopped)
- 1 teaspoon parsley (finely chopped)
- pinch citric acid
- pinch salt
- 2 cloves garlic (crushed)

Directions

1. Combine all the ingredients in a large bowl.
2. Add the meat to be marinated and cover with the marinade.
3. Cover the bowl and place in the fridge for at least an hour (the longer the better), stirring a couple of times to ensure the top of the meat stays covered.

Note

Low Chemical / Failsafe

This marinade is great with chicken, especially on the BBQ.