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 (¼ cup) Capilano Pure Honey
- 2 tbsp Dijon mustard
- ½ tsp sweet paprika

Method

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

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!

- 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

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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.

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