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 favorite bite-sized snacks straight in!



SKILL LEVEL	PREP TIME	SERVINGS
Easy	15 mins	4-6 as a marinade or sauce

Ingredients

- 90g (¼ cup) Capilano Organic Raw 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.

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- 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

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.

Used in this recipe



Organic Raw Honey

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste
Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic
This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

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

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