

the Carob KITCHEN

A U S T R A L I A

RECIPES FROM
OUR KITCHEN

Here are
some of our favourite
Sweet Treats and Savoury
Delight recipes:

Soak Me Up, so you're Tender and Sweet!

- Carob Chicken Marinade -

- 2 tablespoon Carob Kitchen carob syrup
- 2 tablespoon olive oil
- 2 small garlic cloves
- 1 tablespoon soy
- 1 kg chicken thigh or breast
- A pinch and a grind of salt and pepper.

Grate garlic and stir in all other ingredients, pour over chicken and let it get tender for at least 2 hours. Cook as desired.... baked in the marinade in the oven or give me the tongs and throw em' on the barbie.

note: for fool proof barbie chefs marinade for as long as possible, to keep the chicken tender and sweet.

Serving suggestions: with salads or with rice and broccoli if baked in the oven.

For more information visit www.thecarobkitchen.com.au

