



Garlic, Herb and Onion Marinades

SERVINGS: Lots

PREPPING TIME: 10 Minutes

Incredibly versatile! We created this blend with locally grown organic garlic, herbs and onions- and nothing else. You add your own salt and pepper according to how you like it.

Easy Peasy Salad Dressing

2 Tbsp olive oil, 1 tbsp Garlic, Onion and Herb, 1 tsp balsamic, 1 tsp freshly squeezed lemon juice, 1 tsp soya sauce, salt to taste.

Mouth Watering Garlic Bread

Fresh Italian bread cut into half, 2 Tbsp Garlic, Onion and Herb, 2 tbsp butter, salt to taste. In a saucepan under medium heat, mix all ingredients until melted. Pour on the bread and place into oven to toast. Once toasted, sprinkle a little grated fresh Parmesan and serve.

Dipping Sauce for Wings and Veggies.

2 Tbsp olive oil, 1 tbsp Garlic, Onion and Herb, 1 tsp balsamic, 1 tsp soya sauce, salt to taste. For a creamier sauce, just add organic mayo. To add some heat, add our Mango Hot sauce.

The BEST Meat Marinades and Dipping Sauce.

2 Tbsp melted butter or ghee, 1 tbsp Garlic, Onion and Herb, 1 tsp of our Mean Meat Rub, 1 tsp of fresh squeezed lemon juice, pinch of salt and pepper

Amazing Seafood Marinade

2 Tbsp olive oil, 1 tbsp Garlic, Onion and Herb, 1 tsp Lemon Pepper, 1 tsp fresh squeezed lemon juice, salt to taste. For a creamier sauce, add organic mayo. To add heat, add a dash of our Cajun spice or our fresh Mango Hot Sauce.

Delicious Rice and Veggies Marinade

Used with seasoned rice and stir fry veggies.

2 Tbsp olive oil, 1 tbsp Garlic, Onion and Herb, 1 tsp Lemon Pepper, 1 tsp fresh squeezed lemon juice, pinch of salt.

