

BBQ Marinade

Serves 4

Ingredients:

- ¾ cup (175ml) Heinz tomato ketchup
- 3 tbsp (45ml) Lea & Perrins
- 2 tbsp (30ml) brown sugar
- 2 garlic cloves, crushed

Method:

Combine all ingredients. Use as a marinade or brush on meat while grilling.

This marinade is ideal for chicken, sausages or burgers. Place meat in a shallow container or strong plastic bag. Add the marinade and let sit 2 hours in the refrigerator.

Barbeque or grill frequently until crisped and thoroughly cooked.

Preparation Time: 5 mins

Cooking Time: n/a