

# Easy Beer & Honey Marinade

Total time **35 mins** 5 mins preparation time **30 mins** marinating time

Nutritional facts (per portion):  
**1,572 kJ / 375 kcal**

Fat: **0.3 g** Protein: **12.4 g**  
Carbohydrates: **71.3 g**

## INGREDIENTS

**2 portion(s)**

|                 |                                                |
|-----------------|------------------------------------------------|
| <b>120 ml</b>   | <u>Kikkoman Naturally<br/>Brewed Soy Sauce</u> |
| <b>15 g</b>     | Grated garlic                                  |
| <b>60 g</b>     | Honey                                          |
| <b>150 ml</b>   | Dark beer                                      |
| <b>1.5 tbsp</b> | Sugar                                          |
| <b>15 g</b>     | Ginger                                         |

## PREPARATION

### Step 1

Mix all ingredients and then use as marinade for your choice of meat.

### Step 2

Leave for several hours or overnight depending on the meat (longer for beef and pork, shorter for chicken).