

30 Marinated Chicken Recipes *incl. 10 South African Twists!*

Freeze and cook later!



Yellow Cook's
Sweet Secrets

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SOUTH AFRICAN TWIST!



- **Biltong Spice Marinade** (Rich & Savoury South African Flavour)
- **Monkey Gland Sauce Marinade** (Sweet & Spicy BBQ Style)
- **Durban Masala Marinade** (Fiery Indian-South African Blend)
- **Rooibos & Honey Marinade** (Subtly Sweet & Earthy Flavour)
- **Apricot & Mustard Marinade** (Classic Sweet & Tangy Combination)
- **Braai BBQ Marinade** (Traditional South African BBQ)
- **Peri-Peri Marinade** (Mozambican-South African Flavour)
- **Cape Malay Curry Marinade**
- **Chutney & Mayo Marinade** (Sweet & Tangy South African Favourite)
- **Boerewors Spice Marinade** (Savoury & Herby Flavour)

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OTHER INSPIRATION

- Classic Lemon & Herb Marinade
- Honey Soy Garlic Marinade
- Teriyaki Marinade
- Spicy Cajun Marinade
- Greek Yogurt & Herb Marinade
- Indian Tandoori Marinade
- Smoky BBQ Marinade
- Mediterranean Balsamic Marinade
- Sweet & Spicy Mango Marinade
- Thai Coconut Marinade
- Honey Mustard Marinade
- Spicy Buffalo Marinade
- Italian Garlic & Basil Marinade
- Peri-Peri Marinade
- Maple Dijon Marinade
- Chimichurri Marinade
- Korean Bulgogi Marinade
- Moroccan Harissa Marinade
- Caribbean Jerk Marinade
- Pesto Marinade

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How to Use These Marinades

1. **Choose** a marinade and mix the ingredients.
2. **Place** raw chicken (approx 1 full) (breasts, thighs, wings, or drumsticks) in a freezer-safe bag.
3. **Pour** the marinade over the chicken, seal the bag, and massage to coat evenly.
4. **Label** the bag with the marinade name and date.
5. **Freeze** for up to 3 months.
6. **To cook:** Thaw overnight in the fridge and cook as desired (grill, bake, air-fry, or pan-fry).

SOUTH AFRICAN TWIST!

1. Biltong Spice Marinade (Rich & Savoury South African Flavour)

Inspired by the bold, spiced flavours of biltong, this marinade gives chicken a deep, savoury taste.

Ingredients:

- ¼ cup Worcestershire sauce
- ¼ cup olive oil
- 1 tsp coriander powder
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp black pepper
- ½ tsp salt
- 1 tsp brown sugar
- 1 tbsp vinegar (white or apple cider)

Great for: Grilled or air-fried chicken strips, drumsticks, or thighs.



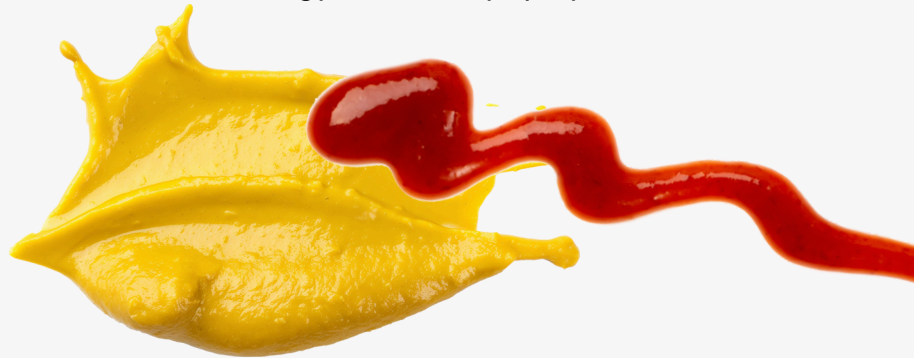
2. Monkey Gland Sauce Marinade (Sweet & Spicy BBQ Style)

A classic South African sauce turned into a marinade—sweet, tangy, and mildly spicy!

Ingredients:

- ¼ cup tomato sauce (ketchup)
- 2 tbsp Worcestershire sauce
- 2 tbsp fruit chutney (Mrs. Ball's preferred)
- 1 tbsp brown sugar
- 1 tsp mustard
- 1 clove garlic, minced
- ½ tsp chilli flakes (optional)
- 1 tbsp vinegar

Great for: Sticky, flavourful chicken wings or drumsticks on the braai.



3. Durban Masala Marinade (Fiery Indian-South African Blend)

Inspired by Durban's famous Indian cuisine, this marinade is rich in spices and heat.

Ingredients:

- ½ cup plain yogurt
- 1 tbsp Durban masala spice mix (or curry powder)
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp turmeric
- 1 clove garlic, minced
- 1 tsp ginger, grated
- ½ tsp salt
- 1 tbsp lemon juice

Great for: Oven-baked or grilled chicken, perfect for spicy lovers.



4. Rooibos & Honey Marinade (Subtly Sweet & Earthy Flavour)

A uniquely South African marinade using rooibos tea, giving the chicken a slightly smoky, earthy depth.

Ingredients:

- ½ cup strong brewed rooibos tea (cooled)
- 2 tbsp honey
- 1 tbsp soy sauce
- 1 tsp grated ginger
- 1 clove garlic, minced
- ½ tsp black pepper
- ½ tsp salt
- 1 tbsp lemon juice

Great for: Roast chicken or slow-cooked chicken thighs.



5. Apricot & Mustard Marinade (Classic Sweet & Tangy Combination)

A traditional South African flavour using apricot jam, perfect for braais!

Ingredients:

- ¼ cup apricot jam (or Ms Balls chutney)
- 2 tbsp Dijon mustard
- 1 tbsp Worcestershire sauce
- 1 tbsp white vinegar
- 1 clove garlic, minced
- ½ tsp black pepper
- ½ tsp salt

Great for: Braai chicken, oven-baked thighs, or skewers.



6. Braai BBQ Marinade (Traditional South African BBQ)

A smoky and tangy marinade perfect for braais!

Ingredients:

- ¼ cup Worcestershire sauce
- ¼ cup tomato sauce (ketchup)
- 2 tbsp brown sugar
- 1 tbsp white vinegar
- 1 tsp smoked paprika
- 1 tsp ground coriander
- ½ tsp salt
- ½ tsp black pepper
- 1 clove garlic, minced

Great for: Grilled chicken thighs, drumsticks, or wings.



7. Peri-Peri Marinade (Mozambican-South African Flavour)

A fiery, flavourful marinade inspired by South Africa's famous peri-peri chicken!

Ingredients:

- ¼ cup lemon juice
- 2 tbsp olive oil
- 1 tbsp white vinegar
- 1 tbsp peri-peri sauce (or 1 tsp crushed chilli flakes)
- 1 tsp smoked paprika
- 1 clove garlic, minced
- ½ tsp oregano
- ½ tsp salt

Great for: Spicy grilled chicken, perfect for a braai!



8. Cape Malay Curry Marinade

A mild yet aromatic marinade influenced by the Cape Malay community's cuisine.

Ingredients:

- ½ cup Greek yogurt
- 1 tbsp curry powder
- 1 tsp ground turmeric
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- 1 tbsp lemon juice
- 1 clove garlic, minced
- ½ tsp salt



Great for: Oven-baked or grilled chicken, served with yellow rice.

9. Chutney & Mayo Marinade (Sweet & Tangy South African Favourite)

A classic combination of chutney and mayonnaise creates a sweet and savoury marinade.

Ingredients:

- ¼ cup Mrs. Ball's chutney (or any fruit chutney)
- ¼ cup mayonnaise
- 1 tbsp Worcestershire sauce
- 1 tsp mild curry powder
- ½ tsp black pepper
- 1 clove garlic, minced



Great for: Baked chicken or braai chicken wings.

10. Boerewors Spice Marinade (Savoury & Herby Flavour)

Inspired by the flavours of traditional South African boerewors sausage.

Ingredients:

- ¼ cup olive oil
- 1 tbsp Worcestershire sauce
- 1 tsp coriander powder
- 1 tsp ground cloves
- ½ tsp black pepper
- ½ tsp nutmeg
- 1 clove garlic, minced



Great for: Chargrilled chicken breasts or skewers on the braai.



OTHER GREAT IDEAS!

1. Classic Lemon & Herb Marinade

- ¼ cup olive oil
- Juice of 1 lemon
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp salt
- ½ tsp black pepper

Great for grilling or baking!



2. Honey Soy Garlic Marinade

- ¼ cup soy sauce
- 2 tbsp honey
- 1 tbsp sesame oil
- 2 cloves garlic, minced
- 1 tsp ginger, grated
- ½ tsp black pepper

Perfect for stir-fries or air-frying.



3. Teriyaki Marinade

- ¼ cup soy sauce
- 2 tbsp brown sugar
- 1 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 clove garlic, minced
- 1 tsp ginger, grated

Tastes amazing when grilled!



4. Spicy Cajun Marinade

- ¼ cup olive oil
- 1 tbsp Cajun seasoning
- ½ tsp smoked paprika
- ½ tsp cayenne pepper
- 2 cloves garlic, minced

Adds a smoky, spicy kick—perfect for air frying.



5. Greek Yogurt & Herb Marinade

- ½ cup Greek yogurt
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp dried dill
- 1 tsp dried oregano
- ½ tsp salt
- 1 clove garlic, minced

Great for tender, juicy chicken.



6. Indian Tandoori Marinade

- ½ cup Greek yogurt
- 1 tbsp lemon juice
- 1 tsp garam masala
- ½ tsp turmeric
- ½ tsp cumin
- ½ tsp paprika
- ½ tsp salt

Fantastic for oven-baked or grilled chicken.



7. Smoky BBQ Marinade

- ¼ cup BBQ sauce
- 2 tbsp apple cider vinegar
- 1 tbsp Worcestershire sauce
- ½ tsp smoked paprika
- 1 tsp brown sugar

Great for grilling or slow cooking.



8. Mediterranean Balsamic Marinade

- ¼ cup balsamic vinegar
- 2 tbsp olive oil
- 1 tsp dried rosemary
- ½ tsp salt
- ½ tsp black pepper
- 1 clove garlic, minced

Delicious with roasted veggies!



9. Sweet & Spicy Mango Marinade

- ½ cup mango purée
- 1 tbsp lime juice
- 1 tsp chili flakes
- 1 clove garlic, minced
- ½ tsp cumin

Amazing for grilled or pan-fried chicken.



10. Thai Coconut Marinade

- ½ cup coconut milk
- 1 tbsp soy sauce
- 1 tsp curry powder
- 1 tsp ginger, grated
- 1 clove garlic, minced

Delicious with rice!



11. Honey Mustard Marinade

- ¼ cup Dijon mustard
- 2 tbsp honey
- 1 tbsp apple cider vinegar
- 1 clove garlic, minced

Sweet and tangy—perfect for baked chicken.



12. Spicy Buffalo Marinade

- ¼ cup hot sauce
- 2 tbsp melted butter
- 1 clove garlic, minced
- ½ tsp black pepper

Great for making buffalo wings.



13. Italian Garlic & Basil Marinade

- ¼ cup olive oil
- 1 tbsp balsamic vinegar
- 1 tsp dried basil
- 1 tsp dried oregano
- ½ tsp salt
- 1 clove garlic, minced

Great for pasta dishes!



14. Peri-Peri Marinade

- ¼ cup lemon juice
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp chili flakes
- 1 clove garlic, minced

Perfect for spicy grilled chicken.



15. Maple Dijon Marinade

- ¼ cup maple syrup
- 2 tbsp Dijon mustard
- 1 tbsp apple cider vinegar
- ½ tsp black pepper

Great for oven-baked chicken.



16. Chimichurri Marinade

- ¼ cup olive oil
- 2 tbsp red wine vinegar
- 1 tsp dried oregano
- ½ tsp chili flakes
- 1 clove garlic, minced

Adds a fresh, herby taste.



17. Korean Bulgogi Marinade

- ¼ cup soy sauce
- 2 tbsp brown sugar
- 1 tsp sesame oil
- 1 tsp grated pear
- 1 clove garlic, minced

Delicious for stir-fries or grilling.



18. Moroccan Harissa Marinade

- ¼ cup Greek yogurt
- 1 tbsp harissa paste
- 1 tsp cumin
- ½ tsp paprika
- ½ tsp salt

Amazing for grilled or baked chicken.



19. Caribbean Jerk Marinade

- ¼ cup soy sauce
- 1 tsp allspice
- ½ tsp cayenne pepper
- 1 tsp thyme
- 1 clove garlic, minced

Perfect for smoky, spicy chicken.



20. Pesto Marinade

- ¼ cup pesto sauce
- 2 tbsp olive oil
- 1 tbsp lemon juice
- ½ tsp black pepper

Pairs well with pasta or salads!



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