

# Spicy Yoghurt BBQ Marinade

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

Nutritional facts (per portion):  
**3,252 kJ / 775 kcal**

Fat: **6.3 g** Protein: **37.5 g**  
Carbohydrates: **139.3 g**

## INGREDIENTS

**1 portion(s)**

|               |                                                |
|---------------|------------------------------------------------|
| <b>160 ml</b> | <u>Kikkoman Naturally<br/>Brewed Soy Sauce</u> |
| <b>120 g</b>  | Honey                                          |
| <b>25 g</b>   | Grated ginger                                  |
| <b>200 g</b>  | Grated onion                                   |
| <b>20 g</b>   | Curry powder                                   |
| <b>400 g</b>  | Natural yoghurt                                |

## PREPARATION

### Step 1

Mix all ingredients and then use as marinade for any type of meat.

### Step 2

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