

# CHICKEN MARINADES

## Classic

### FREEZE TOGETHER:

½ onion, chopped  
3 garlic cloves, minced  
¼ cup avocado oil  
¼ cup white wine vinegar or lemon juice  
¼ cup coconut aminos or soy sauce  
2 tsp sugar  
½ tsp salt  
½ tsp pepper  
1 tbsp dried parsley  
2 pounds chicken breast or thighs

## Shawarma

### FREEZE TOGETHER:

3 cloves garlic, minced  
1 tbsp coriander  
1 tbsp cardamom  
¼ tsp cayenne pepper  
1 tbsp paprika  
1 tsp sumac  
2 tsps sea salt  
1 lemon, juiced  
⅓ cup avocado oil  
2 tsp sugar  
2 pounds chicken breasts or thighs

## Fajita/Taco

### FREEZE TOGETHER:

1 can fire roasted tomatoes  
2 tbsp avocado oil  
½ onion  
2 cloves garlic, minced  
2 tsp sugar  
½ cup chopped cilantro  
½ tsp dried oregano

## Honey Garlic

### FREEZE TOGETHER:

¼ cup avocado oil  
¼ cup honey  
4 cloves garlic, minced  
2 tbsp coconut aminos  
1 tbsp mustard (Dijon or grey poupon)  
2 lbs chicken breast or thighs

## Cooking Directions:

**Instant Pot:** From frozen 12-15 mins on high, 10 mins natural release

**Slow Cooker:** From thawed, 4 hours on high

**Grill:** From thawed, until internal temperature reaches 165F

**Bake:** From thawed, at 425F for 40-50 minutes until internal temperature reaches 165F

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## Chipotle

### Freeze together:

- 1 tsp salt
- 1 tbsp paprika
- ½ tsp dried oregano
- 1 tbsp chipotle chile powder
- ¼ cup chicken broth
- ¼ cup lime juice
- 1 onion chopped
- 2 garlic cloves, minced
- ¼ cup avocado oil
- 2 lbs chicken breast or thighs

## Chimichurri

### Blend together:

- 2 cups parsley
- 1 cup cilantro
- 1 green onion
- 3 garlic cloves, minced
- ½ cup avocado oil
- 2 tbsp red wine vinegar
- 1 tbsp lemon juice
- 1 tsp salt

### Freeze with:

- 2 lbs chicken breast or thighs

## Sriracha

### Freeze together:

- ¼ cup sriracha
- 2 tbsp maple syrup
- ¼ cup coconut aminos or soy sauce
- ½ cup coconut milk (canned)
- 2 lbs chicken breast or thighs

## Cilantro Lime

### Blend together:

- ¼ cup lime
- ¼ cup avocado oil
- 2 green onions
- 1 cup cilantro
- 1 tsp salt
- 2 tsp honey

### Freeze with:

- 2 lbs chicken breast or thighs

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