

LighterLife Management

Week 1 Recipes:

Basil and garlic marinade V

Perfect for adding extra flavour to meat, fish, poultry and alternatives.

Serves: 2

Nutrition per serving:

24 kcal, 1g protein, 5g carbs, 0g fat, 0g fibre

Ingredients:

- 4 tbsp LighterLife Savoury Broth, hot
- 2 tbsp balsamic vinegar
- 2 tbsp lemon juice
- 1 tbsp fresh chopped basil
- 2 cloves garlic, crushed
- Freshly ground black pepper

Method:

1. Mix all the ingredients.
2. Leave to cool then set aside until required.

Tips:

- A blender will produce a smoother result.
- From week 2 you can also use this for marinating “meaty” vegetables like aubergines, jackfruit and mushrooms