



## Katie's straight up garlic marinade



Katie takes our goods to market for her day job but she's also a dab hand at creating tasty week night dinners that she can knock out in a jiffy!

### Alrighty, you'll need:

- 6 big dollops\* of Straight Up yoghurt
  - 1 ½ tsp. olive oil
  - 2 cloves garlic
  - 6 sprigs parsley
  - 2 sprigs thyme
  - 2 chicken fillets or 1 whole chicken
- \*dollop = 1 heaped tablespoon

### Now you just need to:

1. Finely chop the herbs and garlic, and mix all the ingredients together.
2. Pop the marinade into a bowl with the chicken and coat evenly.
3. Cover the bowl and pop into the fridge for a few hours or overnight.
4. Bake your chicken and tuck in!

**Katie's tip:** double the recipe when using one whole chicken.



#thecollectivekitchen

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