**Braai marinade**



**Ingredients**

* 45ml (3 tbsp) chutney
* 45ml (3 tbsp) tomato sauce
* 45ml (3 tbsp) mustard
* 45ml (3 tbsp) chilli sauce (optional and according to preference)
* 45ml (3 tbsp) white wine vinegar
* salt and pepper, to taste
* 1 chicken/beef/mutton stock cube, crumbled
* 1 large onion, cut into strips
* 1 each of green, red and yellow peppers, seeded and finely diced
* 2 or 3 red or green chillies (optional and according to taste)
* 2kg meat cutlets of choice or chicken portions

**Instructions**

1

Mix the chutney, tomato sauce, mustard, chilli sauce and vinegar into a thick paste. Season and add the stock, onion and peppers. Mix well.

2

Rub the mixture over the meat and refrigerate overnight to marinate.

3

Prepare the coals for the braai.

4

When the coals are ready, remove the meat from the marinade and braai, turning occasionally, until cooked according to your preference.