

All-Purpose Grilled Chicken Marinade

1 tablespoon Worcestershire sauce



OVEN
375°F

TIME
10 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

- 1/4 cup olive oil
- 1/4 cup soy sauce
- 1/4 cup honey
- 2 cloves of garlic, minced
- 1 tablespoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1/2 teaspoon black pepper
- 4-6 chicken breasts, thighs, or wings

DIRECTIONS

1. In a small bowl, whisk together the olive oil, soy sauce, honey, minced garlic, Dijon mustard, Worcestershire sauce, dried thyme, dried rosemary, and black pepper.
2. Place the chicken in a large resealable plastic bag and pour the marinade over it. Seal the bag and massage the marinade into the chicken, making sure it is evenly coated.
3. Place the bag in the refrigerator and let the chicken marinate for at least 2 hours, or overnight for best results.
4. When ready to grill, preheat your grill to medium-high heat. Remove the chicken from the marinade and discard the excess marinade.
5. Grill the chicken for 6-8 minutes on each side, or until the internal temperature reaches 165°F.
6. Let the chicken rest for 5 minutes before serving to allow the juices to redistribute.

TIPS FOR SUCCESS

For an extra kick of flavor, add a splash of balsamic vinegar to the marinade. 2.

If using chicken breasts, pound them to an even thickness before marinating to ensure they cook evenly. 3.

This marinade works just as well for oven-baked chicken.

Simply bake the chicken at 375°F for 25-30 minutes, or until cooked through. 4.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/all-purpose-grilled-chicken-marinade/>