



UCOOK

Brazilian Pork Ribs

with saffron rice & charred pineapple rings


Pork ribs are marinated in garlic, ginger and lime before being baked to juicy, tender and mouth watering perfection. Served with golden saffron rice studded with black beans, sided with sweet charred pineapple rings and finished off with toasted coconut flakes, you'll be thinking about this dish long after you've eaten it!


Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Ella Nasser

 Adventurous Foodie

 Boschendal | Boschen Blanc

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Ingredients & Prep

1	Garlic Clove <i>peeled & grated</i>
20g	Fresh Ginger <i>peeled & grated</i>
20ml	Lime Juice
8g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
500g	Pre-marinated Pork Ribs
200ml	White Basmati Rice <i>rinsed</i>
20ml	Saffron Water <i>(0,6g Saffron & 20ml Water)</i>
120g	Black Beans <i>drained & rinsed</i>
30g	Coconut Flakes
80g	Pineapple Rings <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil
Sugar/Sweetener/Honey

1. MARINATION STATION Preheat the oven to 200°C. In a bowl, combine the grated garlic, the grated ginger, the lime juice, a sweetener of choice (to taste), ½ the chopped coriander, and seasoning. Add the ribs and toss until fully coated. Set aside to marinade for at least 10 minutes.

2. CAN I GIVE YOU SOME AD-RICE? While the ribs are marinating, place the rinsed rice and the saffron water in a pot over a medium-high heat. Submerge in 450ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary, toss through the drained black beans, and fluff up with a fork.

3. AH-RIB-A! Place the marinated ribs (with all the marinade) on a baking tray, and cover with tinfoil. Bake in the hot oven for 40-45 minutes. When there are 10 minutes remaining, remove the tinfoil. Return to the oven for the remaining time. On completion, the ribs should be cooked through.

4. TOASTY COCONUT Place the coconut flakes in a pan over a medium heat. Toast for 2-4 minutes until lightly golden, shifting occasionally. Remove from the pan on completion and set aside to cool.

5. CHARRED PINEAPPLE Return the pan to a medium heat with a drizzle of oil. Add the drained pineapple rings and fry for 2-3 minutes per side, until charred. Remove from the pan and cover to keep warm.

6. SERVICE, CHEF! Plate up the juicy pork ribs and side with the saffron & bean rice. Sprinkle over the toasted coconut flakes. Side with the charred pineapple rings and garnish with the remaining coriander. A real taste sensation, Chef!

Nutritional Information

Per 100g

Energy	1227kJ
Energy	293Kcal
Protein	10g
Carbs	18g
of which sugars	1.6g
Fibre	1.6g
Fat	18.7g
of which saturated	6.8g
Sodium	85mg

Allergens

Allium, Sulphites

Cook
within 2
Days