



UCOOK

Steakhouse-style Pork Ribs

with golden butternut & a Greek-style salad

The most superb steakhouse dinner from the comfort of your own home! Marinated pork ribs are covered in a sweet BBQ sauce before being roasted to glistening sticky perfection. These ribs are served with a fresh Greek-style salad and golden roasted butternut to make this perfect dinner even more perfect!

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Fan Faves

 Leopard's Leap | Culinaria Pinot Noir

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Ingredients & Prep

250g	Pre-marinated Pork Ribs
50ml	BBQ Sauce
250g	Butternut <i>deseeded & cut into half-moons</i>
50g	Cucumber <i>roughly diced</i>
1	Tomato <i>roughly diced</i>
20g	Pitted Kalamata Olives <i>drained & halved</i>
30g	Danish-style Feta <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil

1. POP ON THE OVEN Preheat the oven to 200°C. Lightly season the ribs and coat in ½ the BBQ sauce. Place on a baking tray, and cover with tinfoil. Bake in the hot oven for 40-45 minutes. When there are 5 minutes remaining, remove the tinfoil and baste with the remaining BBQ sauce. Return to the oven for the remaining time (without the tinfoil). On completion, the ribs should be sticky and cooked through.

2. BUTTERNUT SKIP THIS STEP Place the butternut half-moons on a separate roasting tray. Coat in oil, and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

3. WHILE THE RIBS ARE RIBBING... In a salad bowl, combine the diced cucumber and tomato, the halved olives, the drained feta, a drizzle of olive oil, and seasoning.

4. SERVICE, CHEF! Plate up the crispy butternut and the juicy ribs. Serve with the Greek-style salad. A taste sensation, Chef!



Chef's Tip

If you have the time, why not take the opportunity to light up the braai and grill the ribs over the hot coals instead of in the oven. You'll get that unbeatable braai smoke flavour, as well as a festive evening!

Nutritional Information

Per 100g

Energy	695kJ
Energy	166kcal
Protein	5.9g
Carbs	6g
of which sugars	2.4g
Fibre	1.1g
Fat	12.1g
of which saturated	3.6g
Sodium	12mg

Allergens

Dairy, Allium, Sulphites

Cook
within 2
Days