



UCCOOK

Chinese Five-spice Pork Ribs

with jasmine fried rice & smashed cucumber salad

Hands-on Time: 30 minutes

Overall Time: 60 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jeannette Joynt

Wine Pairing: Delheim Wines | Delheim Gewürztraminer

Nutritional Info

	Per 100g	Per Portion
Energy	799kJ	5301kJ
Energy	191kcal	1268kcal
Protein	7.9g	52.1g
Carbs	19g	128g
of which sugars	6.4g	42.7g
Fibre	1g	6.9g
Fat	9.2g	60.9g
of which saturated	3.1g	20.7g
Sodium	242mg	1603mg

Allergens: Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Pork Ribs
10ml	20ml	Chinese-5 Spice
60ml	120ml	BBQ Sauce
100ml	200ml	Jasmine Rice <i>rinse</i>
100g	200g	Cucumber
22,5ml	45ml	Soy Vinaigrette <i>(15ml [30ml] Low Sodium Soy Sauce, 2,5ml [5ml] Sesame Oil & 5ml [10ml] Rice Wine Vinegar)</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
120g	120g	Carrot <i>rinse, trim, peel & finely dice</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>
5ml	10ml	White Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Egg/s (optional)
Tinfoil
Sugar/Sweetener/Honey
Seasoning (salt & pepper)
Paper Towel

1. START THE RIBS Preheat the oven to 180°C. Pat the pork ribs dry with paper towel. Coat the ribs with a drizzle of oil, the 5-spice, ½ of the BBQ sauce, and seasoning. Wrap with tinfoil and place on a roasting tray. Roast in the hot oven until cooked through, 40-45 minutes. In the final 3-4 minutes, open the tinfoil, baste with the remaining BBQ sauce and roast uncovered for the remaining time.

2. LET'S ROLL WITH THE RICE Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

3. SMASHED CUCUMBER Using a rolling pin or bottle, smash the cucumber and slice into bite-sized pieces before lightly seasoning. In a bowl, combine the soy vinaigrette and 1 [2] tbsp of sweetener until fully dissolved. Add the cucumber pieces and ½ of the chilli (to taste). Toss and set aside.

4. FRIED RICE & OPTIONAL EGG When the ribs have 10 minutes remaining, crack 1 [2] egg/s (if using) into a bowl, whisk, season and set aside. Place a pan (large enough for the rice) over medium-high heat with a drizzle of oil. When hot, add the carrot and fry until slightly softened, 3-4 minutes (shifting occasionally). Add the whisked egg (if using) and fry until cooked through and scrambled, 1-2 minutes (shifting constantly). Mix in the rice, the coriander, and the remaining chilli (to taste). Remove from the pan, season, and cover.

5. THERE WON'T BE ANY SPARE RIBS HERE! Plate up the the loaded rice, top with the juicy pork ribs and sprinkle over the sesame seeds. Side with the smashed cucumber salad. Garnish with any remaining chilli (to taste). Well done, Chef!