



UCCOOK

Steakhouse Pork Ribs

with crispy potato fries & a fresh corn salad

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	604kJ	4435kJ
Energy	145kcal	1061kcal
Protein	7.4g	54.6g
Carbs	9g	63g
of which sugars	2.7g	19.9g
Fibre	1.1g	8.4g
Fat	8.9g	65.5g
of which saturated	3.3g	24g
Sodium	98mg	722mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40ml	80ml	The Sauce Queen Smokey BBQ Sauce
250g	500g	Pork Ribs
200g	400g	Potato <i>peel (optional) & cut into skinny, 5mm thick chips</i>
40g	80g	Corn
50g	100g	Cucumber <i>rinse & roughly dice</i>
1	1	Tomato <i>rinse & roughly dice</i>
20g	40g	Danish-style Feta <i>drain</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. POP IN THE OVEN Preheat the oven to 180°C. In a bowl, combine the BBQ sauce with 1 [2] tbsp of sweetener. Pat the pork ribs dry with paper towel. Coat the ribs with a drizzle of oil, 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 5-6 minutes, open the tinfoil and roast uncovered for the remaining time.

2. CRISPY POTATO CHIPS Generously cover the base of a separate roasting tray in oil. Add the potato chips, season, and toss until coated. Spread out in a single layer and roast in the hot oven until cooked through and crispy, 30-35 minutes. At the halfway mark, gently shift the chips and drain any excess oil. Return to the oven for the remaining roasting time. Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

3. WHILE THE RIBS ARE RIBBING Place a pan over high heat with a drizzle of oil. When hot, add the corn and fry until lightly charred, 3-4 minutes (shifting occasionally). Set aside.

4. SIDE SALAD In a salad bowl, combine the cucumber, the tomato, the charred corn, the feta, the salad leaves, a drizzle of olive oil, and seasoning.

5. SERVICE, CHEF! Plate up the crispy potato chips and the ribs. Serve with the corn salad and garnish with the parsley. A taste sensation, Chef!