



UCOOK

Steakhouse Pork Spare Ribs

with crispy potato fries & a fresh corn salad


The most superb steakhouse dinner – and from the comfort of your own home! Served with a fresh corn salad and crispy potato fries, this roast-and-relax dinner is totally tantalising. Get the serviettes ready, Chef, because these ribs are a no-forks-needed kind of main meal!

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

 Adventurous Foodie

 Strandveld | Grenache

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Ingredients & Prep

| | |
|-------|---|
| 750g | Pre-marinated Pork Ribs |
| 125ml | BBQ Sauce |
| 600g | Potato <i>peeled (optional) & cut into skinny, 5mm thick chips</i> |
| 120g | Corn |
| 150g | Cucumber <i>roughly diced</i> |
| 2 | Tomatoes <i>roughly diced</i> |
| 90g | Danish-style Feta <i>drained</i> |
| 60g | Salad Leaves <i>rinsed & roughly shredded</i> |
| 12g | Fresh Parsley <i>rinsed & picked</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 10 minutes remaining, remove the tinfoil and baste with the remaining BBQ sauce. Return to the oven for the remaining time. The ribs should be sticky and cooked through.

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, 35-40 minutes. At the halfway mark, gently shift the chips and drain any excess oil. Return to the oven for the remaining roasting time.

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, 4-6 minutes (shifting occasionally). Set aside.

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

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



Chef's Tip

Air fryer method: Coat the potato chips in oil and season. Air fry at 200°C until crispy, 15-25 minutes.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 792kj |
| Energy | 189kcal |
| Protein | 6.9g |
| Carbs | 8g |
| of which sugars | 1.8g |
| Fibre | 1.2g |
| Fat | 13.4g |
| of which saturated | 4.1g |
| Sodium | 151mg |

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days