



UCOOK

Pork Ribs & Chilli-lime Potatoes

with fresh coriander & Danish-style feta

Put away the knives & forks, reach for the serviettes, and prepare yourself for lick-your-fingers-it's-so-good food. Marinated pork ribs are roasted in the oven, then coated in BBQ sauce. As if that isn't enough of a palate pleaser, the plate also features crispy oven roasted baby potatoes, elevated with Chinese 5 spice and tossed in a lime, garlic & chilli dressing.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Hellen Mwanza

 Adventurous Foodie

 Bertha Wines | Bertha Shiraz 2021

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Ingredients & Prep

250g	Pre-marinated Pork Ribslets
30ml	BBQ Sauce
250g	Baby Potato <i>rinse & cut in half</i>
5ml	Chinese 5-spice
10ml	Lime Juice
1	Fresh Chilli <i>rinse, trim, deseed & finely chop</i>
3g	Fresh Coriander <i>rinse, pick & finely chop</i>
1	Garlic Clove <i>peel & grate</i>
5ml	White Sesame Seeds
20g	Salad Leaves <i>rinse & roughly shred</i>
20g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. RIBS Preheat the oven to 200°C. Coat the ribs with a drizzle of oil and seasoning. Place on a baking tray and cover with tinfoil. Bake in the hot oven until cooked through, 30-35 minutes. In the final 3-5 minutes, remove the tinfoil, baste with the BBQ sauce, and roast for the remaining time.

2. ROAST POTATOES When the ribs have been roasting for 5-10 minutes, spread the halved baby potatoes on a separate roasting tray. Coat in oil, the Chinese 5 spice, and seasoning. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

3. MAKE THE DRESSING In a salad bowl, combine the lime juice, the chopped chilli (to taste), the chopped coriander, the grated garlic (to taste), and a drizzle of olive oil.

4. TOAST Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

5. SOME FRESHNESS In a bowl, combine the shredded leaves, the drained feta, a drizzle of olive oil, and seasoning.

6. TIME TO EAT Add the roasted potatoes to the dressing and toss to combine. Plate up the limey potatoes, side with the BBQ ribs & any tray juices (to taste), and sprinkle over the toasted sesame seeds. Serve alongside the fresh salad. Well done, Chef!



Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	893kJ
Energy	214kcal
Protein	7.4g
Carbs	12g
of which sugars	4.3g
Fibre	0.8g
Fat	13.8g
of which saturated	4.3g
Sodium	153mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy, Cow's Milk

Cook
within 2
Days