



# UCCOOK

## Sticky Jerk Ribs & Pineapple Rice

with a charred corn & cabbage slaw

Spicy, sweet, jerk sauce-coated pork ribs are just one of those things that make your inner foodie smile as it reaches the table. Paired with coriander & pineapple dotted rice, flavoured with jerk seasoning, and a charred corn & cabbage slaw, you won't be able to wipe the smile off your face - only the sticky sweetness from getting stuck into dinner, Chef!

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Megan Bure

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Adventurous Foodie

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Painted Wolf Wines | The Den Shiraz 2021

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## Ingredients & Prep

1kg	Pork Riblets
200g	Corn
200ml	Jerk Sauce <i>(140ml Pineapple Juice, 20ml Apple Cider Vinegar &amp; 40ml Lemon Juice)</i>
125ml	The Old Stone Mill Jerk Seasoning
2	Onions <i>peel &amp; finely dice</i>
300ml	Jasmine Rice <i>rinse</i>
120g	Pineapple Pieces <i>drain &amp; roughly chop</i>
10g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
200g	Cabbage <i>rinse &amp; thinly slice</i>
125ml	Mayo

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Tinfoil  
Sugar/Sweetener/Honey

**1. READY FOR 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, 35-40 minutes.

**2. CHARRED CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside in a bowl.

**3. JIVING JERK SAUCE** Return the pan to medium-high heat with the jerk sauce and 40ml of a sweetener (to taste). Bring to a boil, then simmer until the sauce has reduced by ½ and slightly thickening, 5-8 minutes (stirring occasionally). Mix through ½ the jerk seasoning. Remove from the pan, season and set aside.

**4. PINEAPPLE RICE** Place a pot (with a lid) over medium-high heat with a drizzle of oil. When hot, fry the diced onion with the remaining jerk seasoning until golden and charred, 7-8 minutes (shifting occasionally). Mix in the rinsed rice with 600ml of salted water. Cover 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 mix through the chopped pineapple and ½ the chopped coriander. Cover and set aside.

**5. CABBAGE SLAW** To the bowl of charred corn, toss through the sliced cabbage, a drizzle of olive oil, the mayo, and seasoning. Set aside.

**6. STICKY SENSATION** When the ribs have 5 minutes remaining, remove the tinfoil, baste with the reduced jerk sauce, and roast for the remaining time until sticky.

**7. GRAB SOME SERVIETTES** Plate up the delicious pineapple savoury rice and top with the sticky jerk ribs. Serve the creamy slaw on the side and garnish with the remaining coriander.

## Nutritional Information

Per 100g

Energy	878kJ
Energy	210kcal
Protein	6g
Carbs	15g
of which sugars	4.3g
Fibre	1.2g
Fat	13g
of which saturated	3.3g
Sodium	105mg

## Allergens

Allium, Sulphites

Eat  
Within  
2 Days