



UCCOOK

Chinese Five-spice Pork Ribs

with jasmine fried rice & smacked cucumber salad

Tender pork ribs are doused in Chinese five-spice before being basted with a sweet & smoky Asian BBQ sauce. Fresh chilli and sesame seeds are sprinkled over the top for extra kick and crunch, while fried rice loaded with carrot flecks and fresh coriander is served alongside.


Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Adventurous Foodie

 Waterford Estate | Waterford Elgin Rose Mary
2022

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Ingredients & Prep

250g	Pre-marinated Pork Ribs
10ml	Chinese Five-Spice
65ml	Asian BBQ Sauce
100ml	Jasmine Rice <i>rinsed</i>
100g	Cucumber
22,5ml	Soy Vinaigrette <i>(15ml Low Sodium Soy Sauce, 2,5ml Sesame Oil & 5ml Rice Wine Vinegar)</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
120g	Carrot <i>rinsed, trimmed & diced</i>
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
5ml	White Sesame Seeds

From Your Kitchen

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

1. RIGHT IN THE RIBS Preheat the oven to 200°C. Coat the ribs in seasoning and the Chinese five-spice. 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 BBQ sauce. Return to the oven for the remaining time. On completion, the ribs should be sticky and cooked through.

2. LET'S ROLL WITH THE RICE Place the rinsed rice in a pot. Submerge in 150ml of salted water, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Remove from the heat and steam with the lid on for a further 10 minutes until cooked and tender. On completion, drain if necessary, fluff up with a fork and return to the pot.

3. SMACKED 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 tbsp of sweetener. Mix until the sweetener is fully dissolved. Add the cucumber pieces and ½ of the sliced chilli (to taste), and toss until fully coated. Set aside to marinate until serving.

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

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

Nutritional Information

Per 100g

Energy	942kJ
Energy	225kcal
Protein	6.9g
Carbs	15g
of which sugars	3.4g
Fibre	1.3g
Fat	14.3g
of which saturated	3.7g
Sodium	297mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 2
Days