



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!

Hands-on Time: 15 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

Adventurous Foodie

Painted Wolf Wines | The Den Shiraz 2021

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Ingredients & Prep

250g	Pork Riblets
50g	Corn
50ml	Jerk Sauce <i>(35ml Pineapple Juice, 5ml Apple Cider Vinegar & 10ml Lemon Juice)</i>
30ml	Stone Mill Jerk Seasoning
1	Onion <i>peel & finely dice ½</i>
75ml	Jasmine Rice <i>rinse</i>
30g	Pineapple Pieces <i>drain & roughly chop</i>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
100g	Cabbage <i>rinse & thinly slice</i>
30ml	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, 30-35 minutes.

2. CHARRED CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 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 10ml of a sweetener (to taste). Bring to a boil, then simmer until the sauce has reduced by ½ and slightly thickening, 3-5 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, 5-6 minutes (shifting occasionally). Mix in the rinsed rice with 150ml 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