



# 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.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People


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**Chef:** Hellen Mwanza

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 Adventurous Foodie

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 Bertha Wines | Bertha Shiraz 2021

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## Ingredients & Prep

750g	Pre-marinated Pork Ribslets
90ml	BBQ Sauce
750g	Baby Potato <i>rinse &amp; cut in half</i>
15ml	Chinese 5-spice
30ml	Lime Juice
2	Fresh Chillies <i>rinse, trim, deseed &amp; finely chop</i>
8g	Fresh Coriander <i>rinse, pick &amp; finely chop</i>
2	Garlic Cloves <i>peel &amp; grate</i>
15ml	White Sesame Seeds
60g	Salad Leaves <i>rinse &amp; roughly shred</i>
60g	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, 35-40 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, 30-35 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