



UCOOK

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: 45 minutes

Overall Time: 65 minutes

Serves: 4 People

Chef: Jeannette Joynt

 Adventurous Foodie

 Waterford Estate | Waterford Elgin Rose Mary
2022

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Ingredients & Prep

| | |
|-------|---|
| 1kg | Pre-marinated Pork Ribs |
| 40ml | Chinese Five-Spice |
| 250ml | Asian BBQ Sauce |
| 400ml | Jasmine Rice <i>rinsed</i> |
| 400g | Cucumber |
| 90ml | Soy Vinaigrette <i>(60ml Low Sodium Soy Sauce, 10ml Sesame Oil & 20ml Rice Wine Vinegar)</i> |
| 2 | Fresh Chillies <i>deseeded & finely sliced</i> |
| 240g | Carrot <i>rinsed, trimmed & diced</i> |
| 15g | Fresh Coriander <i>rinsed, picked & roughly chopped</i> |
| 20ml | 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 600ml 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 4 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 4 eggs 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 4-5 minutes, until slightly softened. Add the whisked egg (if using) and fry for 2-3 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