



Sticky pork ribs with kipfler potato salad

Ingredients: (Serves 4)

2 pork rib racks
2 tablespoons olive oil
2 tablespoons smoked paprika
pinch of salt
500g kipfler potatoes, scrubbed, cut in half lengthways
3 spring onions, thinly sliced
2 celery stalks, thinly sliced
2 cups rocket
½ bunch of parsley, leaves picked
2 tablespoons cornichons, finely chopped
2 tablespoons capers
⅓ cup reduced-fat Greek yoghurt
2 tablespoons apple cider vinegar

For the barbeque sauce:

½ cup balsamic vinegar
½ cup tomato passata
½ cup beer
¼ cup brown sugar
1 tablespoon wholegrain mustard
2 garlic cloves, finely grated
1 teaspoon Worcestershire sauce

Method:

1. Preheat oven to 180°C (fan-forced). Rub ribs with oil, followed by paprika and salt. Place on a lined baking tray and cover tightly with foil. Bake for 1½ hours or until tender and meat is coming away from the bone.
2. To make the barbeque sauce, combine all ingredients in a small saucepan over medium-high heat. Bring to a simmer, then reduce heat to medium-low and cook, stirring occasionally, for 15-20 minutes or until thickened and reduced.
3. Meanwhile, place potatoes in a large saucepan of cold water. Cover and bring to the boil over high heat. Cook for 15 minutes or until potatoes are tender. Drain and set aside to cool slightly.
4. Increase oven temperature to 200°C. Coat ribs on both sides with barbeque sauce and roast for a further 15-20 minutes or until sticky and caramelised.
5. Combine potatoes, spring onions, celery, rocket, parsley, cornichons, capers, yoghurt and apple cider vinegar in a large bowl. Toss until well coated.
6. Serve sticky pork ribs with potato salad on the side.

Nutrition Information: (Per serve)

Energy:	2923kJ (698cal)	Protein:	61.2g	Total Fat:	32.0g
Saturated Fat:	10.0g	Carbohydrate:	33.7g	Sugars:	21.1g
Fibre:	7.3g	Sodium:	517mg		