



READY TO COOK
BY HARRIS FARM

HONEY & SOY PORK RIBS WITH RICE AND ASIAN GREENS



PREP
15 min



COOK
3 hrs



SERVES
4

INGREDIENTS:

- > 1-1.3kg American Style Pork Ribs
- > 210ml Honey Soy Marinade
- > ½ Shallots Bunch
- > 1 Gai Lan Bunch
- > 2 Cups Jasmine Rice
- > ½ Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Cooking Oil
- > Chilli (Optional)
- > Sesame Seeds (Optional)

METHOD – GET COOKING!



1

Preheat oven to 160°C.

Place the ribs on a lined baking tray. Add the honey soy marinade. Fill the marinade jar halfway with water, rinse and pour over. Rub all over the ribs, cover with foil and place in the oven for 2½ hours.

Meanwhile, **remove the roots off the shallots, then cut them into 5 cm pieces. Finely slice the green tips for garnishing. Cut the Gai Lan into 3 equal sized pieces. Set ingredients aside.**

2

Cook the rice as per packet instructions, **keep warm and set aside.**

Remove the ribs from the oven. Turn the heat up to 200°C. Uncover and baste with the marinade from tray. Place back into the oven, uncovered for 15 minutes. Remove from the oven and flip the ribs. Baste with the marinade and cook further in the oven for 15 minutes until golden brown and caramelised.

3

Bring a medium sized pot with salted water to the boil.

In a hot frying pan on high heat, drizzle a little oil and sauté the shallots for 3 minutes until softened and vibrant.

Cook the Gai Lan in the boiling water for 3 minutes. Drain well and set aside.

4

Once again, remove ribs from the oven. Squeeze of the juice of ½ a lemon over the ribs. Add the Gai Lan and shallots to the tray and toss through with the glaze.

Serve honey and soy pork ribs with rice, garnished with a sprinkle of sesame seeds, sliced shallots, and fresh chilli.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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