



## BEEF SHORT RIBS WITH BULGUR WHEAT AND ORANGE SALAD

### INGREDIENTS

- 2 Beef short ribs
- 500ml beef stock
- 400ml orange juice
- 1 tbsp Marmite
- 1 tbsp Kansas City Rib Rub or 1 tbsp Hasta Barista Baby or 1 tbsp Rub Me Tender
- 200g bulgur wheat
- 1/2 head iceberg lettuce
- 1 orange
- 1 red onion
- 100g cherry tomatoes
- handful fresh parsley, chopped
- 40ml olive oil
- 1/2 tsp dijon mustard
- 10ml white wine vinegar

# INSTRUCTIONS

1. Coat the beef ribs in 1 tbsp of rub and then sear in a hot pan until caramelised. Place the ribs in a casserole dish

2. Add the orange juice to the pan used to sear the ribs, and boil to reduce by half

3. Add the beef stock and marmite to the pan and bring to a boil. Pour this over the beef ribs until covered

4. Cover the dish and braise in the oven at 170°C for 3-4 hours

5. Once cooked, take the ribs out of the dish, place the ribs on a tray and put in the oven for 5 minutes at 220°C until caramelised

6. Just cover the bulgur wheat with boiling water in a bowl

and leave for 5 minutes, then fluff with a fork

7. Chop the iceberg lettuce, slice the red onion and add to the bulgur wheat. Blister the cherry tomatoes in a hot pan and add to the salad

8. Cut the orange in half. Peel one half and cut into segments and add to the salad

9. To make the dressing, squeeze the remaining half of the orange into a bowl, add the dijon mustard, white wine vinegar, a pinch of salt and mix. Slowly, pour the olive oil into this mixture while whisking

10. Pour the dressing over the bulgur wheat salad and add the chopped parsley



Feeds

2



Prep time

40 m



Cook time

4 h

