

BBQ Pork Ribs

with cheesy wedges and apple salad

30 – 35 mins

17



Pork Ribs



Grated Cheese



Baby Potatoes



BBQ Sauce



Mango Chutney



Apple



Salad Leaves



Honey Mustard Dressing

Pantry Items: Oil, Salt, Pepper



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Aluminium foil, baking sheet with baking paper, oven dish

Ingredients

	2P	4P
Pork Ribs	500 g	1000 g
Grated Cheese	50 g	100 g
Baby Potatoes	500 g	1000 g
BBQ Sauce	2 sachets	4 sachets
Mango Chutney	1 sachet	2 sachets
Apple	1 unit	2 units
Salad Leaves	40 g	80 g
Honey Mustard Dressing	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	653 g	100 g
Energy (kJ/kcal)	3828.4 kJ/ 915 kcal	586.3 kJ/ 140.1 kcal
Fat (g)	43.5 g	6.7 g
Sat. Fat (g)	17.2 g	2.6 g
Carbohydrate (g)	80.1 g	12.3 g
Sugars (g)	33.8 g	5.2 g
Protein (g)	54 g	8.3 g
Salt (g)	3.1 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.
Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Cook the Wedges

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Quarter the **potatoes** lengthways to create wedges.
- Add **potatoes** to a lined baking tray. Drizzle with **oil** and season with **salt** and **pepper**, then toss to coat.
- Roast **potatoes** in the oven until golden brown, 20-25 mins.
- Remove the tray from the oven and sprinkle the **cheese** over **potatoes**. Return to the oven until **cheese** is melted and golden brown, 3-4 mins.



Finish and Serve

- Divide the **ribs** and cheesy wedges between plates.
- Serve with a helping of **apple** salad alongside.

Enjoy!



Bake the Ribs

- Arrange the **pork ribs** in an oven dish and cover with foil.
- Roast in the oven, 25-30 mins.
- Meanwhile, in a medium bowl, mix together the **BBQ sauce** and **mango chutney**.
- When the **ribs** have been cooking for 20 mins, take the dish from the oven and remove the foil.
- Brush or spread the BBQ chutney all over the **ribs** and return to the oven for remaining time, 5-10 mins. **IMPORTANT:** Ensure the pork is piping hot throughout.



Assemble the Salad

- Meanwhile, halve and core the **apple**. Thinly slice.
- Just before serving, add the **apple**, **salad leaves** and **honey mustard dressing** to a salad bowl and toss together.