

# Sweet Chilli Maple Pork Ribs

with sweet potato and salad

45 – 50 mins

17



Pork Ribs



Maple Syrup



Sweet Chilli Sauce



Balsamic Glaze



Salad Leaves



Sweet Potato



Tomato



Garlic

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, grater, oven dish

## Ingredients

	2P	4P
Pork Ribs	500 g	1000 g
Maple Syrup	15 g	30 g
Sweet Chilli Sauce	1 sachet	2 sachets
Balsamic Glaze	1 sachet	2 sachets
Salad Leaves	40 g	80 g
Sweet Potato	2 units	4 units
Tomato	1 unit	2 units
Garlic	2 units	4 units

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>616 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3535 kJ/ 845 kcal	574 kJ/ 137 kcal
Fat (g)	36.1 g	5.9 g
Sat. Fat (g)	12 g	1.9 g
Carbohydrate (g)	84.3 g	13.7 g
Sugars (g)	34.8 g	5.7 g
Protein (g)	46.6 g	7.6 g
Salt (g)	3.6 g	0.6 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.

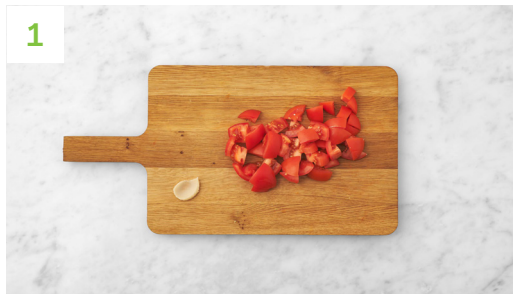
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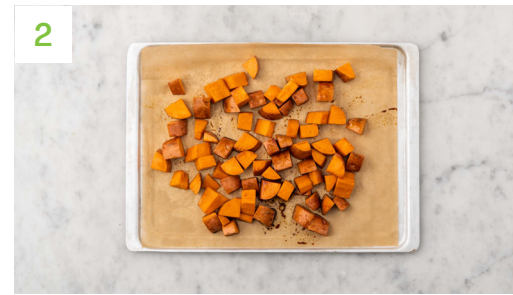


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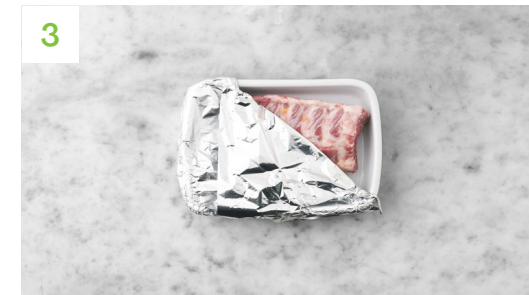
### Prep the Veg

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **sweet potato** into 2cm chunks (peeling optional).
- Cut the **tomato** into 2cm chunks.
- Peel and grate the **garlic** (or use a garlic press).



### Bake the Sweet Potato

- Pop the **sweet potato** onto a large (lined) baking tray.
- Drizzle with **oil**, season well with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 20-30 mins. Turn the tray halfway through.



### Cook the Ribs

- Remove all the packaging from the **pork ribs** and pop into an oven dish.
- Cover with foil and roast on the middle shelf of the oven until warmed through, 25-30 mins. **IMPORTANT:** Ensure the pork is piping hot throughout.



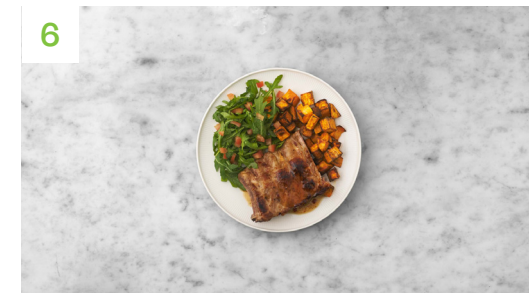
### Make the Sauce

- Meanwhile, in a bowl, mix the **sweet chilli sauce**, **maple syrup**, **garlic** and ½ tsp **salt** (per 2P).
- When the **ribs** have been cooking for 20 mins, remove the foil from the oven dish.
- Cover the ribs in the **sweet chilli maple** sauce and pop back in the oven, uncovered, for the remaining time, 5-10 mins.



### Assemble the Salad

- Meanwhile, in a salad bowl, mix 1 tbsp **oil** (per 2P) with the **balsamic glaze**.
- Season to taste with **salt** and **pepper**.
- Just before serving, add the **salad leaves** and **tomato** to the bowl with the dressing. Toss to coat.



### Finish and Serve

- Divide the **maple glazed ribs** between plates (discard any cooking juices).
- Serve the **sweet potatoes** and **tomato** salad alongside.

Enjoy!