

Sweet and Sour Pork Ribs

with scallion rice and garlicky veg

35 – 40 mins

22



Irish Pork Ribs



Jasmine Rice



Hoisin Sauce



Sweet Chilli Sauce



Garlic



Honey



Chilli



Apple Cider Vinegar



Peanuts



Scallion



Green Beans

Pantry Items: Salt, Water, Pepper



Rate your recipe!

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.

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

Ingredients

	2P	4P
Irish Pork Ribs	500 g	1000 g
Jasmine Rice	150 g	300 g
Hoisin Sauce	2 sachets	4 sachets
Sweet Chilli Sauce	1 sachet	2 sachets
Garlic	2 units	4 units
Honey	1 sachet	2 sachets
Chilli	1 unit	2 units
Apple Cider Vinegar	1 sachet	2 sachets
Peanuts	20 g	40 g
Scallion	2 units	4 units
Green Beans	150 g	300 g

Nutrition

for uncooked ingredient	Per 100 g
Energy (kJ/kcal)	779.3 kJ/ 186.2 kcal
Fat (g)	7.2 g
Sat. Fat (g)	2.5 g
Carbohydrate (g)	20.1 g
Sugars (g)	6.6 g
Protein (g)	10.5 g
Salt (g)	0.6 g

See site or app for detailed nutritional info.

Allergens

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

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Cook the Pork

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Remove all the packaging and pop the **pork ribs** into an oven dish. Cover with foil and cook in the oven for 25-30 mins.
- Meanwhile, combine **hoisin sauce** and **sweet chilli sauce** in a small bowl.
- In the last 5 mins of cooking time, remove the foil from the oven dish.
- Add the sauce and pop back in the oven uncovered, 5 mins. **IMPORTANT:** Ensure the ribs are piping hot throughout.



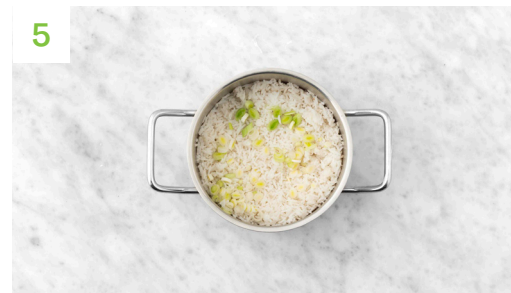
Cook the Veg

- Meanwhile, place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **green beans**.
- Cook, stirring occasionally, until softened, 3-4 mins.
- Add **garlic, honey** and **half the chilli**.
- Cook, stirring occasionally, 2-3 mins. Season with **salt** and **pepper**.



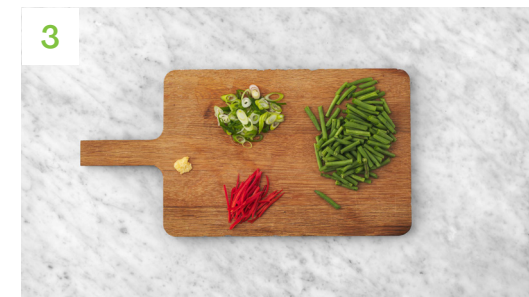
Make the Rice

- Pour 300ml cold **salted water** (per 2P) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover with the lid and cook for 12 mins.
- Once cooked, remove the pot from the heat.
- Keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Finishing Touches

- Fluff up the **rice** with a fork.
- Stir in **half the scallions** and **vinegar** to taste.



Prep the Veg

- Trim and cut the **green beans** into thirds.
- Peel and grate the **garlic** (or use a garlic press).
- Trim and thinly slice the **scallions**.
- Halve, deseed and thinly slice the **chilli**.



Garnish and Serve

- Divide **rice**, veg and **ribs** between plates.
- Sprinkle **peanuts** over the veg.
- Scatter the remaining **chilli** and **scallion** over the **ribs**.

Enjoy!