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PRESENTS...

Let's Get Cooking!!!

Sticky BBQ Ribs – Dairy Free, Gluten Free

Prep Time: 10 minutes

Cooking Time: 3 hours

Serves



Ingredients

2 racks of pork ribs
8 tablespoons of tomato ketchup
8 tablespoons of brown sugar / honey
2 tablespoons of Worcestershire sauce
2 tablespoons of sweet chilli sauce
1 teaspoon of paprika
1 stock cube to make 100ml of stock
2 sprigs of rosemary
2 tablespoons of soy sauce / coconut aminos for a soy and gluten free alternative

Method

1. Heat oven to 160C/140C fan/gas 3 and place the ribs into a roasting tin with the sprigs of rosemary. Pour over the stock then cover the tin tightly with foil. Roast for 2-3 hrs until the ribs are tender but not falling apart.
2. Next, put all the sauce ingredients in a small saucepan. Gently heat, then bubble for about 2 mins, stirring continuously.
3. When the ribs are ready, pour away any liquid that remains. Coat the ribs with the sticky BBQ sauce.
4. Heat the oven to 220C/200C/gas 7. Place the ribs in the oven and cook for 20 mins, turning occasionally, and basting often with remaining sauce. When ribs are sticky, hot through and crisping on the outside, slice to serve.

Voila your ribs are ready to eat!!!!