

Honey Barbecue Ribs

By Andrew Lewis

► Sometimes, the simplest recipes are the best. These succulent pork ribs are great at barbecues and can be served cold at picnics, yet they only take a few minutes to prepare. Although this recipe calls for pork ribs, the marinade works equally well on belly draft, pork chops, chicken wings, or even Quorn fillets.



Ingredients

2 tablespoons honey
2 teaspoons 5 spice seasoning
2 teaspoons dried parsley
2 teaspoons soy sauce
1 sheet pork ribs

Directions

Step 1: Preheat your oven to 425°F. Cut the pork into individual ribs.

Step 2: Mix the honey, parsley, five spice seasoning, and soy in a cup or bowl.

Step 3: Coat the ribs in the marinade and leave the pork to rest for at least 2 hours.

Step 4: Place the ribs in an oven-safe pan and cook for approximately 45 minutes. Turn and baste occasionally during cooking.

Step 5: Increase the temperature to 475°F for a further 10 minutes. This will help to caramelize the tips of the ribs.

Step 6: Serve your ribs on a bed of turmeric rice, with a choice of barbecue, lime, and chilli dipping sauces.

Note: If you are using Quorn, reduce the cooking time to 15 minutes and preheat the oven to 475°F.

