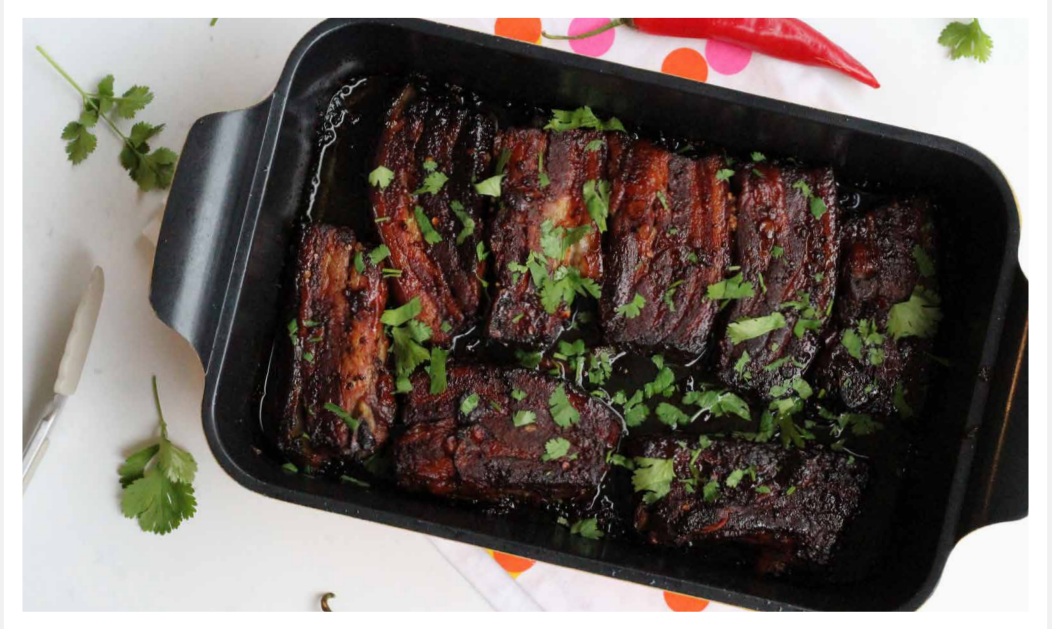


# chilli pork spare ribs

prep time 15mins

cooking time 3hrs

serves 4



this recipe is free from gluten, grains, dairy and refined sugar

## ingredients

- 1 kg free-range pork spare ribs
- 1 red chilli, seeds removed if you don't want them too spicy
- 2 tbs apple cider vinegar
- 2 tbs coconut aminos or soy sauce
- 1/2 tsp salt
- 1/2 tsp chinese five spice powder
- 2 tbs seeded mustard

## method

1. preheat oven to 140°C.
2. add all ingredients aside from ribs to a large bowl and mix well to combine.
3. add ribs and coat. transfer to a baking tray and cover with foil, cook covered for 2.5 hrs.
4. remove foil, increase oven heat to 220c and cook for a further 10 mins. top with fresh coriander and serve.

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