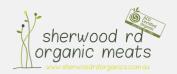
## pork usa ribs with ginger and lime



**prep time** 10mins **cooking time** 2hrs

serves 2-3



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

## ingredients

750g free-range pork USA ribs

2 tbs coconut sugar or maple syrup/honey

1/3 cup lime juice

1/2 tsp salt

2 tbs olive oil

1 inch knob of ginger grated

1/4 cup coconut cream

## method

- 1. preheat oven to 150°C.
- 2. use a sharp knife to cut ribs into individual ribs.
- 3. add all ingredients to a large bowl and coat the ribs well. transfer to a baking dish, cover with foil.
- 4. bake for 2hrs.
- 5. remove foil and place under the grill for a few minutes to crisp up then serve.

