

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.



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