

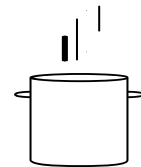


Spiced Coconut BBQ Ribs

Wow your guests with these dairy free and beautifully spiced BBQ ribs.



480



300



4

Ingredients

- 2 tbsp fennel seeds
- 1 tbsp coriander seeds
- 1 tbsp black peppercorns
- 4 tbsp The Groovy Food Company Organic Virgin Coconut Oil
- 1 large onion, finely chopped
- 4 garlic cloves, crushed
- 2 red chillies, finely chopped
- 2 star anise
- 75ml The Groovy Food Company Light Amber & Mild Agave Nectar
- 45ml The Groovy Food Company Rich & Dark Agave Nectar
- 100ml apple juice

Directions

1. In a dry frying pan, toast the spices over a low heat until they smell fragrant then crush coarsely in a pestle and mortar.
2. Heat the coconut oil in a frying pan, and gently fry the onion for 10 minutes.
3. Add the crushed spices with the garlic, chillies and star anise, then cook for another 2-3 minutes.
4. Transfer to a food processor and blend to a paste then mix in all the rest of the ingredients except for the ribs.
5. Put the ribs into a large plastic container, and then pour over the marinade, coat all over and chill overnight.
6. Pre-heat the oven to 110°C/fan 90°C/gas ¼.
7. Put the ribs into a roasting tray, reserving the marinade. Cover the tray with foil, then cook for 4-5 hours or until the meat is really tender and falling off

150ml ketchup

2kg chunky pork belly spare ribs

the bone.

8. Meanwhile, bubble the marinade in a small pan over a medium heat for 2-3 minutes until reduced and thickened.
9. Light your BBQ and when the ribs are tender, finish them over the hot coals, basting them with the reduced marinade, until they are sticky all over.