



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

FIVE SPICE RIBS

Time: 45 minutes

Serves: 6

Ingredients:

150g soy sauce
5g five spice powder
4 cloves garlic - finely chopped or grated
1.6kg pork back ribs - cut into individual bones
Sliced green onion to garnish

Preparation:

In a large bowl, whisk together soy sauce, five spice powder and garlic.

Add ribs and toss to coat.

Place a trivet and 200ml water in the base of the pressure cooker.

Pile the ribs in a suitable pot, placing the pot on the trivet in the pressure cooker.

Seal the cooker and pressure cook for 35 minutes.

Safely release pressure and serve immediately garnished with green onion.

Nutritional Information Per Serving:

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|---------------|--------------------------------|
| Calories: 634 | Hand-Size Portion Guide |
| Fat: 49g | Palms of Protein: 2 |
| Carbs: 0g | Fists of Vegetables: 0 |
| Fibre: 0g | Cupped Hands of Carbs: 0 |
| Protein: 45g | Thumbs of fat: 4 |