

WEEKNIGHT RIBS

Time: 60 minutes

Serves: 4

Ingredients:

2 racks pork back ribs - membrane removed
10g kosher salt
20g brown sugar
3g smoked paprika
2g garlic powder
1g fresh ground black pepper
1g onion powder

Preparation:

Sprinkle salt evenly on both sides of the ribs. Refrigerate uncovered overnight.

Mix remaining ingredients in a small bowl. Dampen the ribs with a light mist or brushing of water. Sprinkle the mixture in both sides of the ribs.

Place 250ml of water in your pressure cooker. Add the ribs.

Cook on high pressure for thirty minutes, beginning timer when pressure is reached.

Carefully vent the cooker and remove the ribs.

Place ribs on a sheet pan and brush the meaty side with barbecue sauce (optional). Broil on high until slightly caramelized.

Serve immediately.

Nutritional Information Per Serving:

Calories: 830 Fat: 57g Carbs: 6g Fibre: 0g Protein: 69g	Hand-Size Portion Guide Palms of Protein: 3 Fists of Vegetables: 0 Cupped Hands of Carbs: 0 Thumbs of fat: 2
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