

FIVE-SPICE SHORT RIBS

Time: 30 minutes (plus marinating time)

Serves: 2

Ingredients:

150g soy sauce
75g water
60g honey
40g cane or white vinegar
10g five-spice powder
1kg cross-cut short ribs (approximately 1cm thick)

Preparation:

In a small bowl, whisk together all ingredients except short ribs/

Place the ribs in a large zipper seal freezer bag and add the marinade.

Remove as much air as possible from the bag and refrigerate overnight.

Preheat your outdoor grill to medium.

Discard the marinade and cook the ribs, turning occasionally, until the internal temperature reaches 95C (about twenty minutes).

Remove from heat and serve immediately.

Nutritional Information Per Serving:

Calories: 605	Hand-Size Portion Guide
Fat: 34.7g	Palms of Protein: 2
Carbs: 12.4g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 58.1g	Thumbs of fat: 2