

SOY GARLIC BEEF RIBS

Time: 130 minutes plus marinating time (10 minutes active)

Serves: 2

Ingredients:

125ml dark soy sauce (mushroom flavoured preferred)
4 cloves garlic - finely chopped or grated
1kg beef back ribs - cut into squares
4 green onions – sliced (for garnish)

Preparation:

In a measuring cup, combine the soy sauce and garlic.

Place the ribs into a large zipper seal bag. Pour over the soy sauce mixture. Toss to coat evenly. Seal and refrigerate overnight or up to two days.

Place the ribs in a bowl suitable for use inside a pressure cooker. Discard the remaining marinade.

Add two centimetres of water to the base of the pressure cooker.

Place the bowl of ribs inside the cooker on a trivet.

Seal the cooker and bring to high pressure for two hours, beginning the timer once full pressure is reached.

Safely vent the cooker.

Plate the ribs, garnished with green onion.

Nutritional Information Per Serving:

Calories: 766	Hand-Size Portion Guide
Fat: 61.8g	Palms of Protein: 2
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 48.8g	Thumbs of fat: 0