KIKKOMAN

Aromatic teriyaki ribs in a honey glaze with roasted vegetables

Total time **140 mins** **15 mins** preparation time **70 mins** cooking time **60 mins** marinating time

Nutritional facts (per portion):
2,974.7 kJ / 710.5 kcal

Fat: **32.4 g** Protein: **28.1 g**
Carbohydrates: **79 g**

INGREDIENTS

2 portion(s)

580 g	pork ribs (weight with bones)
2 tbsp	oil
0.5 tbsp	honey
1 pinch	garlic powder
0.5 tsp	salt
1 pinch	dried rosemary
1 tsp	sweet paprika powder
1 pinch	hot paprika powder
190 ml	water
2 tbsp	Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste

Vegetables:

500 g	potatoes
1 tbsp	oil or olive oil
0.5 tsp	salt
350 g	carrots (about 6 small pieces)
0.5 tsp	mixed dried herbs
1 pinch	garlic powder
1.5 tbsp	Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste

PREPARATION

Step 1

580 g pork ribs (weight with bones) - **1 tbsp** oil - **0.5 tbsp** honey - **1 pinch** garlic powder - **0.5 tsp** salt - **1 pinch** dried rosemary - **0.5 tsp** sweet paprika powder - **1 pinch** hot paprika powder
Cut the ribs into smaller pieces. In a bowl, mix 1 tbsp of oil and honey, then coat the ribs with it. Season each piece with salt, garlic powder, dried rosemary, sweet paprika, and hot paprika. Place in a bowl and refrigerate for about 1 hour.

Step 2

1 tbsp oil - **190 ml** water - **2 tbsp** Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste
Preheat the oven to 170 degrees Celsius with the convection function. Grease the bottom of a heat-resistant dish with 1 tbsp of oil and place the ribs in it. Cover with a lid or foil and place in the preheated oven. Bake for 30 minutes. Flip over the ribs and add water. Cover again and continue baking for another 30 minutes. You can check if more water needs to be added. After 30 minutes, remove the lid, flip the ribs, and drizzle 2 tbsp of Kikkoman Teriyaki BBQ-Sauce with Honey over them. Bake for an additional 10 minutes.

Step 3

500 g potatoes - **1 tbsp** oil or olive oil - **0.5 tsp** salt
In the meantime, peel the potatoes and cut them into quarters. Mix them with 1 tbsp of oil. Line a baking tray with parchment paper and place the potatoes on it. Season them with salt.

Step 4

350 g carrots (about 6 small pieces) - **0.5 tsp**

mixed dried herbs - **1 pinch** garlic powder - **1.5 tbsp** Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste
Thoroughly wash the carrots, cut them in half lengthwise. Lightly coat with oil. Sprinkle with garlic powder and mixed dried herbs. Transfer them to the baking tray next to the potatoes and place it in the oven halfway through the rib baking time (after about 35 minutes). After 30 minutes, drizzle the carrots with Kikkoman Teriyaki BBQ-Sauce with Honey. Bake for the final 5 minutes.

Step 5

Transfer the ribs and vegetables onto a plate and serve.