KIKKOMAN

Barbecued Oriental Sweet and Sour Spare Ribs

Total time **35 mins** **10 mins** preparation time **180 mins** marinating time **25 mins** cooking time

Nutritional facts (per portion):
2,652 kJ / 633 kcal

Fat: **35.1 g** Protein: **39.6 g**
Carbohydrates: **31.8 g**

INGREDIENTS

4 portion(s)

2 kg	spare ribs
	Salt
For the marinade:	
1	small, organic lemon
1	small piece of ginger (approx. 1.5 cm)
1	garlic clove
5.5 tbsp	Kikkoman Naturally Brewed Soy Sauce
3 tbsp	olive oil
2 tbsp	sesame oil
3.5	honey
3 tbsp	white balsamic vinegar (or white wine/apple cider vinegar)
	Freshly ground pepper
4 tsp	sesame seeds
For the salad:	
1	mango
1	Romaine lettuce (or 2 baby Romaine lettuces)
2	carrots
100 g	sprouted seeds
2 tbsp	olive oil
2.5 tbsp	white balsamic vinegar
100 ml	apple juice
2.5 tbsp	Kikkoman Naturally Brewed Soy Sauce
1.5 tsp	maple syrup
	Freshly ground pepper

PREPARATION

Step 1

Cook the spare ribs in a pan of boiling salted water for approx. 50–70 minutes, depending on the thickness of the ribs. Drain and allow to cool a little.

Step 2

Prepare the marinade by washing the lemon under hot water, then patting it dry. Grate off some of the zest, cut the lemon in half and squeeze out the juice. Peel the ginger and garlic and chop both finely. Mix together the lemon zest and juice, soy sauce, olive oil, sesame oil, honey, vinegar, ginger, garlic, pepper and sesame seeds. Brush the spare ribs with the marinade and put in the fridge for around 2 or 3 hours until you're ready to start the barbecue.

Step 3

Meanwhile, prepare the salad by peeling the mango and cutting the flesh off the stone. Slice the mango flesh into thin strips. Slice the lettuce, then wash and dry. Wash and peel the carrots, then shave off thin ribbons using a peeler. Wash the sprouted seeds, if necessary.

Step 4

To prepare the dressing, use a blender to blend 4 tablespoons of sliced mango, the olive oil, vinegar, apple juice, soy sauce and maple syrup together. Season with pepper. Add the dressing to the salad

and toss.

Step 5

Place the spare ribs on the barbecue for about 10-20 minutes depending on the heat (closing the lid, if your barbecue has one). If needed, baste with the remaining marinade as the ribs cook. Serve alongside the salad.