



AB's Sticky Honey Ribs

Perfect for a BBQ, enjoy these wonderful aromatic sweet, hot and sticky ribs.

PREP TIME: 15 MIN

COOK TIME: 1 HOUR 10 MINS

INGREDIENTS

- 1.5kg pork spare ribs
- 1/2 tsp sea salt
- 5 tbsp Tea Tree honey
- 1 tsp dry mustard powder
- 1 fresh red chilli, seeded and finely chopped
- 1 tbsp white wine vinegar
- 1 tbsp dark brown sugar
- 1 tbsp tomato paste
- 1/2 tsp ground ginger



DIRECTIONS

1. Preheat oven to 190 degrees. Line a large roasting pan with a double layer of foil and place the ribs in the pan.
2. In a small bowl, whisk together the remaining ingredients and pour the mixture over the meat; using your hands, rub the marinade into the ribs to make sure they are thoroughly covered. Optional to marinate for up to 24 hours.
3. Cover the pan with foil and bake in the centre of the oven for 30 minutes, then remove and turn the ribs. Re-cover the pan and return to the oven. Cook for 30 minutes longer, basting occasionally. Optional to transfer ribs to a hot grill for the last 20 minutes of cooking, turning regularly.
4. Increase the oven temperature to 220 degrees and roast uncovered for a final 5-10 minutes, until the ribs are dark brown and sticky. Keep an eye on them so they don't burn.