

DINNERLY



Heat & Eat Jerk Ribs with Pineapple BBQ Sauce

Caribbean Slaw & Coconut Rice



40-50min



2 Servings

The sweet tang of barbecue sauce has had us under its spell...well, for as long as we can remember. But the addition of pineapple juice to one of our favorite sauces has simply swept us off our feet! The additional sweetness from the pineapple juice is balanced with a spicy-smoky jerk rib rub, bright and crunchy pineapple slaw, and a big scoop of coconut rice. We've got you covered!

WHAT WE SEND

- 14 oz cabbage blend
- 5 oz jasmine rice
- 2 (¾ oz) coconut milk powder ^{2,5}
- 12oz pkg fully cooked pork ribs
- ¼ oz jerk seasoning ^{1,3}
- 4 oz pineapple cup
- 2 oz barbecue sauce
- 1 pkt Dijon mustard ⁴

WHAT YOU NEED

- kosher salt & ground pepper
- sugar
- apple cider vinegar (or white wine vinegar)
- olive oil

TOOLS

- 2 small saucepans
- parchment paper
- rimmed baking sheet

ALLERGENS

Wheat (1), Milk (2), Soy (3), Sulphites (4), Tree Nuts (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 950kcal, Fat 38g, Carbs 109g, Protein 45g



1. Prep cabbage

Preheat oven to 450°F with a rack in the center. In a large bowl, toss **half of the cabbage blend** (save rest for own use) with **½ tablespoon each of salt and sugar**. Set aside to cure while preparing remaining ingredients, 20–25 minutes.



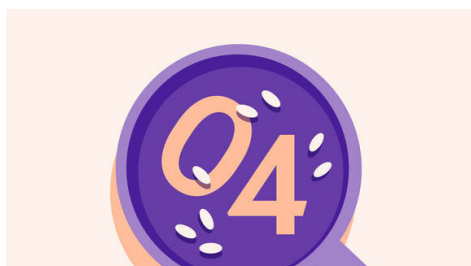
2. Cook rice

In a small saucepan, combine **rice**, **coconut milk powder**, **1¼ cups water**, **½ tablespoon sugar**, and **½ teaspoon salt**; bring to a boil over high heat. Cover rice and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



3. Brown ribs

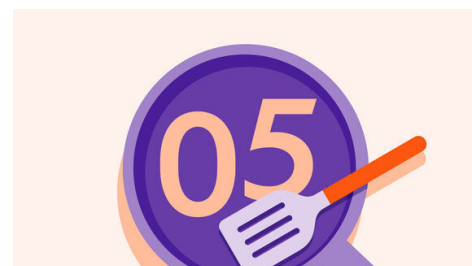
Scrape any congealed juices off **ribs** and reserve; lightly coat ribs with **oil**. Sprinkle meat side with **jerk seasoning**. Transfer to a parchment-lined baking sheet, meat side up. Bake on center rack until ribs are browned, 15–20 minutes.



4. Cook sauce & glaze

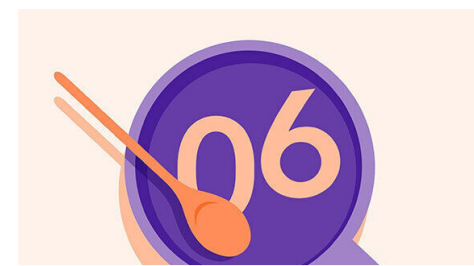
Pour **pineapple juice** into a second small saucepan, reserving **pineapple pieces** for **slaw**. Add **barbecue sauce** and **reserved pork jelly**. Cook over medium heat until sauce is thickened and leaves a trail when run through with a spatula, 4–5 minutes.

Once **ribs** are browned, brush with a layer of **pineapple barbecue sauce**. Bake until sauce is shiny and set, about 5 minutes.



5. Make slaw

Transfer **cabbage** to a salad spinner and spin dry (or gently press on a layer of paper towels); discard excess liquid in bowl. In the same bowl, whisk together **mustard**, **1 tablespoon vinegar**, and **½ tablespoon sugar**. Gradually whisk in **2 tablespoons oil**. Add **cabbage** and **pineapple pieces** and mix well; season to taste with **salt** and **pepper**.



6. Serve

Fluff **coconut rice** with a fork. Cut **ribs** in between the bones. Serve with **rice**, **coleslaw**, and **remaining pineapple barbecue sauce**. Enjoy!