



# Baked Spicy Ribs

A healthier version of spare ribs - sweet but without the sugar!

**Serves :** 6

**Ready In :** 1 hour or more

## Ingredients

- 2 tbsp olive oil (**or groundnut oil**)
- 1 large onion, finely sliced
- 1 clove garlic, grated or chopped
- 3 tbsp
- 1 tbsp light soy sauce
- 1 tbsp tomato ketchup
- 1 tbsp Worcestershire sauce
- 1 tsp ground ginger
- 1 tsp smoked paprika
- 1 tsp English mustard
- 1 tbsp apple cider vinegar
- 1 tsp Tabasco or other hot pepper sauce
- 1 kg pork spare ribs (**any fat removed**)
- Your choice of salad to serve

## Instructions

- Pre-heat your oven to 200°C / 400°F / Gas mark 6.
- Lay the ribs in a roasting tin.
- Add the oil to the pan, place on a hot hob and stir in the onion and garlic, cook until starting to turn golden.
- Add all the other ingredients, stir together and bring to the boil.
- Take off the heat and spoon the sauce over the ribs, cover with foil and bake in the oven for 40 - 50 minutes.
- Remove the foil, baste with the sauce again and bake for another 10 minutes.

**Serve with a crunchy salad and lots of napkins!**