



Safe to say the title speaks for itself!! Sticky, spicy fruity and unforgettable! You are sure to fall inlove with my sticky mango bbq pork ribs!



## Ingredients

### For marination:

750 g of pork baby back ribs	1 teaspoon of dried thyme / 3 sprigs of fresh thyme
3 cloves of garlic, minced	2 tablespoons of soy sauce
1 heaped tablespoon of minced ginger	4 tablespoons of honey
1/4 teaspoon of chili flakes	

### For seasoning

1 tablespoon of coriander spice	1 teaspoon of onion powder
1 tablespoon of smoked paprika	1/2 teaspoon of cumin

### For the Mango BBQ Sauce

1 mango cheek, pureed	250g of ketchup
1/2 red onion, finely chopped	2 tablespoons of soy sauce
1/4 cup of chopped chives	1/4 teaspoon of chili flakes
1 tablespoon of minced ginger	2 tablespoons of honey
1 teaspoon of minced garlic	

## Method

Begin by marinating the meat: place all the marination ingredients in a bowl and mix until combined. Pour them onto your rack of ribs and slather until coated. Cover and let this marinate for 6 -48 hours. Mine marinated for 18 hours.

Next day, allow the ribs to come back up at room temp. slice into individual ribs and place in a bowl. Combine the four spices for seasoning and then pour onto the ribs and rub it in. Place on your baking pan, cover with foil and allow them to bake for 2.5 - 3 hours at 170c.



As that is baking, prepare your bbq sauce: in your sufuria, add in the chives, onion, ginger and garlic. Sautee until softened and fragrant. Add in your ketchup, honey, the pureed mango soy sauce and chili. Mix it all up and allow this to simmer on low heat for about 10 minutes. Once done, ladle into a bowl.

After the pork ribs are done cooking, take them from the oven and baste the mango bbq sauce over them. Return them back into your oven and let them grill for 10-15 minutes so that they get nice and sticky.

Once done, serve with whatever you fancy!

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SERVE WITH: whatever starch and veggie you love!

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This recipe was brought to you by Kaluhi's Kitchen blog from: <https://www.kaluhiskitchen.com/sticky-pork-ribs-with-mango-bbq-sauce/>

Youtube Video : <https://youtu.be/ag-689rLTJc>