

No yellow sticker today. But at £2.63 the Pork Rubs were still the foundation of a very tasty meal.

Ingredients:-

Brown Sugar

Paprika

Chilli Flakes

Onion Powder

Garlic Powder

Jerk Sauce

Chipotle Flakes

Tomato Sauce

Vinegar

Onion, finely chopped

Tomato Puree

2 Cloves of Garlic, minced

Salt & Pepper

Oil

Method:-

- (1) Gently fry the Onion and then add the minced Garlic until they have both softened.
- (2) Add the remaining ingredients and simmer for 10 minutes to reduce slightly.
- (3) Set aside to cool.
- (4) Spread evenly over the Ribs and pop in the fridge for an hour or more.
- (5) Cover with foil and place in a pre-heated oven at 160c for 45 minutes.

(6) Uncover and cook for a further 10 minutes.

We server ours with DIY Onion Rings, Peas, Spicy Potato Wedges, Mooli Coleslaw and a Seaweed and Spinach experiment. (More on that early next week!)