



Salsa verde pork ribs

15'
Hands on

6 hours'
Hands off

90'
Cook Time

4
Portion(s)

1
Difficulty



Method

For the marinade

- Add all of the ingredients for the marinade in a [pot](#) and place over heat.
- Let the mixture come to a boil, remove pot from heat and allow 2 hours for the marinade to slightly cool.
- Put the pork chops in the marinade, cover with plastic wrap and refrigerate for 8-12 hours.
- Place the pork chops in a [baking pan](#).
- Preheat oven to 180* C (350* F) Fan.
- Cover with parchment paper and aluminum foil and roast for 1 1/2 hour. Remove coverings and roast for another 30-45 minutes, until golden.

For the salsa verde

- In a blender, add the celery, coriander with the stems, dill, mint, basil, thyme, vinegar, lemon juice, olive oil, mustard, capers and bouillon cube.
- Beat thoroughly until all of the ingredients are completely combined.
- Serve the pork chops with [French fries](#).

Ingredients

- 4 pork steaks

For the marinade

- 2 clove(s) of garlic
- 2 tablespoon(s) mustard
- 2 tablespoon(s) paprika
- 1 tablespoon(s) brown sugar
- 1 tablespoon(s) cayenne pepper
- 2 tablespoon(s) olive oil
- 200 g water

For the salsa verde

- 2 stick(s) celery
- 1/4 bunch coriander
- 2 tablespoon(s) dill
- 2 tablespoon(s) mint
- 2 tablespoon(s) basil
- 2 tablespoon(s) thyme
- 40 g vinegar, of white wine
- lemon zest, of 1 lemon
- lemon juice, of 1 lemon
- 50 g olive oil
- 2 tablespoon(s) mustard
- 2 tablespoon(s) capers
- 1 chicken bouillon cube

To serve

- [French fries](#)

Διατροφικός πίνακας

Nutrition information per portion

416 Calories (kcal)	27.0 Total Fat (g)	4.2 Saturated Fat (g)	30.0 Total Carbs (g)
21%	39%	21%	12%
9.2 Sugars (g)	11.8 Protein (g)	2.3 Fibre (g)	4.0 Sodium (g)
10%	24%	9%	66%