

lamb ribs with a fennel & ruby grapefruit salad

serves 4



this recipe is free from gluten, dairy and sugar.

fennel and grapefruit salad

- 1 fennel bulb, finely sliced
- 2 small red grapefruit, segmented and chopped into chunks (you can sub for oranges)
- 1 cup loosely packed mint leaves, roughly torn
- 1 cup loosely packed italian parsley leaves, roughly chopped (keep the stalks for the ribs)

dressing

- 2 tbs sesame oil
- 2 tbs olive oil
- 1/3 cup apple cider vinegar
- 1/2 tsp salt
- 1 tsp raw honey

method

1. pop all dressing ingredients into a jar and shake well to combine.
2. add all salad ingredients into a large bowl and toss gently, pour over dressing and toss again gently before serving.

lamb ribs

- 2 kg of lamb ribs, sliced to individual ribs
- 1 tbs coconut sugar (or brown sugar)
- stalks of parsley, finely chopped (stalks from the salad, can use 2 tbs finely chopped parsley instead)
- 1/2 cup mint, finely chopped
- 1 red chilli, seeds removed and finely sliced
- 2 tbs olive oil
- 2 tbs tamari, coconut aminos or soy sauce
- 1/4 cup apple cider vinegar
- 1 tsp salt

method

1. preheat oven to 250c.
2. line a large tray with baking paper.
3. add all ingredients except ribs to a large bowl and mix well.
4. add ribs in batches and toss well to combine before laying in a single layer on your baking trays.
5. cover tightly with foil and bake in 250c for 10 mins then reduce to 150c for 1.5hrs.
6. remove foil, increase temp to 220c for 5-10 mins then serve with extra chilli and mint.

