



Ribs and BBQ Beans with Cornbread

SPECIAL 40 Minutes



Pork Ribs



BBQ Sauce



Kidney Beans



Onion, chopped



Cornmeal



Corn Kernels



Sour Cream



Cheddar Cheese, shredded



Horseradish



Baking Powder



All-Purpose Flour



Green Beans

HELLO FULLY COOKED BBQ RIBS

Tender fall off the bone ribs in half time!

START HERE

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Parchment Paper, Large Bowl, Baking Sheet, Aluminum Foil, Strainer, 8x8-Inch Baking Dish, Small Pot, Measuring Cups, Measuring Spoons

Ingredients

	2 Person	4 Person
Pork Ribs	728 g	1456 g
BBQ Sauce	4 tbsp	8 tbsp
Kidney Beans	370 ml	740 ml
Onion, chopped	56 g	113 g
Cornmeal	½ cup	1 cup
Corn Kernels	56 g	113 g
Sour Cream	3 tbsp	6 tbsp
Cheddar Cheese, shredded	¼ cup	½ cup
Horseradish	1 tbsp	2 tbsp
Baking Powder	1 tbsp	2 tbsp
All-Purpose Flour	½ cup	1 cup
Green Beans	170 g	340 g
Milk*	½ cup	1 cup
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. MAKE CORNBREAD MIXTURE

Combine the **corn, milk, cornmeal, flour, baking powder, cheese, sour cream, ½ cup water** (dbl for 4ppl) and **1 tbsp oil** (dbl for 4ppl) in a large bowl. Season with **salt and pepper**.



2. BAKE CORNBREAD

Transfer the **cornbread mixture** to a parchment-lined 8x8-inch baking dish (9x13-inches for 4ppl). Bake **cornbread** in the **middle** of the oven until cooked through, 18-20 min.



3. PREP

While the **cornbread** bakes, drain and rinse the **kidney beans**. Trim **green beans**.



4. HEAT RIBS & COOK GREEN BEANS

Remove **ribs** from packaging and add to a foil-lined baking sheet. Scatter the **green beans** around the **ribs**. Drizzle **1 tbsp oil** (dbl for 4ppl) over **beans**. Season **green beans** with **salt and pepper**. Roast **ribs** and **green beans** in the **top** of oven, until heated through, 14-15 min.**



5. MAKE BBQ BEANS

While **ribs** cook, heat a small pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4ppl), then **onions** and **kidney beans**. Cook, stirring often, until **onions** soften, 2-3 min. Add the **BBQ sauce, horseradish** and **½ cup water** (dbl for 4ppl). Cook stirring occasionally, until slightly thickened, 8-9 min.



6. FINISH AND SERVE

Slice the **cornbread**. Divide the **ribs, green beans, bbq beans** and **cornbread** between plates.

Dinner Solved!