



NUTRITION per serving 75g carbohydrates 38g fat 79g protein 2346mg sodium | nut-free



Calories
951



Prep & Cook Time
45-55 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Mild



HOME CHEF

PREMIUM: FATHER'S DAY SPECIAL (2-SERVINGS SHOWN)
Memphis BBQ Ribs with Poppy Seed Slaw
with green beans and honey butter rolls

IN YOUR BOX

- 8 oz. Green Beans
- 2 oz. Apple Cider Vinegar
- 3 Tbsp. BBQ Spice Rub
- ½ oz. Butter
- 1 Tbsp. Honey
- 1 Sous Vide Baby Back Ribs
- 2 Parbaked Dinner Rolls
- 8 oz. Slaw Mix
- 3 oz. Poppy Seed Dressing

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- 2 Baking Sheets
- Small Bowl
- Small Pan
- Mixing Bowl

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Prepare two baking sheets with foil and cooking spray
- Preheat oven to **375 degrees**
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** The **BBQ rub** is used three times in this recipe. Half is combined with **apple cider vinegar**, the second half is sprinkled on **ribs** before they cook, and a pinch is reserved for dusting cooked ribs before serving.
- **Heads Up!** The **BBQ rub-cider vinegar mixture** is used twice in this recipe. Half is brushed on the **ribs** before cooking, and the remaining is brushed on the ribs halfway through cooking.
- After baking 10 minutes, **ribs** are brushed with **BBQ rub-cider vinegar mixture** and returned to oven 10 more minutes, along with second baking sheet containing **green beans** and **rolls**.

FROM THE CHEF

These ribs are cooked sous vide, a technique of cooking vacuum-sealed foods at a precise temperature to keep them moist and tender.

Did you know...

A hallmark of Memphis BBQ that inspired this dish is *rubbing meat* (especially pork ribs or shoulder) with a dry rub and serving without sauce after cooking.



1

Prepare the Ingredients

Trim ends off **green beans**. Combine **apple cider vinegar** and half the **BBQ spice rub** in a small bowl. Place **butter** and **honey** in a small pan and melt over low heat until combined. Remove **ribs** from packaging and discard any fat or liquid. On a separate cutting board, cut ribs into two equal-sized half-racks.



4

Make Poppy Seed Slaw

Combine **slaw mix** and **poppy seed dressing** in a mixing bowl. Season to taste with $\frac{1}{4}$ tsp. **salt** and a pinch of **pepper**.



2

Bake the Ribs

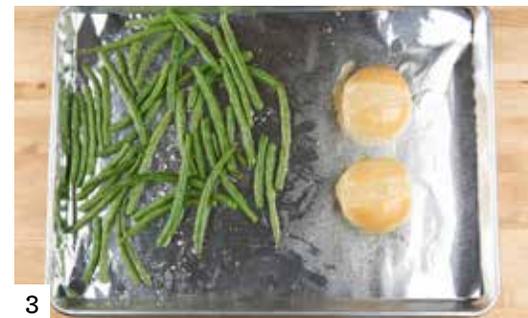
Place **ribs** on prepared baking sheet. Brush both sides with half the **BBQ rub-vinegar mixture** and sprinkle with remaining **dry rub** (reserve a pinch for garnish). Bake ribs 10 minutes, remove from oven, and brush with remaining BBQ rub-vinegar mixture. Return baking sheet to oven (along with second baking sheet prepared in next step) and cook 10 minutes, or until ribs reach a minimum internal temperature of 165 degrees and are slightly caramelized.



5

Plate the Dish

Serve meal family style with **ribs** on a platter and **green beans, rolls, and slaw** on separate plates. Garnish ribs with reserved **dry rub**. The flavorful dry rub and low, slow cooking means these juicy ribs don't even need a sauce!



3

Bake Beans and Rolls

While ribs bake first 10 minutes, place **green beans** on one half of second baking sheet and toss with 2 tsp. **olive oil** and a pinch of **salt**. Place **rolls** on other half of baking sheet and brush with **honey butter**. Place baking sheet in oven with ribs. Bake 10 minutes, or until beans are crisp tender and rolls are browned.