






Cooking Made Easy

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on    You'll be entered into our weekly photo contest!

## Tom Hixson's Lip-Smacking Ribs with Sweet Potato Chips

Dinner time tonight is a bit of a trip down memory lane for a certain chef. When he was knee-high to a grasshopper, Patrick vividly remembers the time his uncle took him out for dinner to the Texas Lone Star rib shack. Suddenly all the usual rules went out the window as cutlery became optional and everybody gnawed on juicy ribs with their fingers. Only uncles can get away with stuff like that! We asked one of our butchers, Tom to source us the most dribble-down-your-chin delicious, slow cooked ribs he could find for a fun, easy, no-rules dinner.



30 min



family box



Sweet Potato (4)



Rosemary (4 sprigs)



Ribs (2 racks)



Green Beans (2 packs)



Garlic Clove (2)



Yellow Mustard Seeds  
(1 tsp)




Chives (4 tbsp)




Sour Cream (2 pots)

## Ingredients

	2P	4P
Sweet Potato, chopped	-	4
Rosemary	-	4 sprigs
Ribs <b>1</b>	-	2 racks
Green Beans	-	2 packs
Garlic Clove, crushed	-	2
Yellow Mustard Seeds <b>2</b>	-	1 tsp
Chives, chopped	-	4 tbsp
Sour Cream <b>3</b>	-	2 pots

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

**LH** Steps for little hands

## Allergens

**1)** Gluten | **2)** Mustard  
**3)** Milk

**Nutrition per serving:** Calories: 729 kcal | Protein: 30 g | Carbs: 35 g | Fat: 51 g | Saturated Fat: 23 g

2



**1** Pre-heat your oven to 220 degrees. Scrub (but don't peel) your sweet potatoes under some water and cut them in half lengthways. Cut each half lengthways into three pieces (or four pieces if it's a big 'un). Strip the leaves from the rosemary and chop them finely.

3



**2** Coat the sweet potatoes in a couple of tbsp of olive oil and a good pinch of salt and pepper. Scatter over the finely chopped leaves of your fresh rosemary. Put them on the top shelf of the oven for 25 mins, or until they are nice and crispy. **Tip:** Keeping the skin on the retains those all important nutrients.

5



**3** Remove the ribs from their pouches and place on a baking tray. Place on the middle shelf of the oven for 25 mins.

6



**4** Boil a medium sized pot of water with  $\frac{1}{2}$  tsp of salt. Cut the very tops and bottoms from the green beans. Once boiling, cook the beans for 90 secs then drain and rinse under cold water.

**5** Peel the cloves of garlic and lightly crush them under your knife (but keep them whole!). Heat 1 tbsp of olive oil in a frying pan on medium-high heat with the whole garlic. Once the oil is hot, add the mustard seeds. Once the seeds start to pop, add in the beans for 3 mins then take off the heat. Remove your cloves of garlic from the pan. **Tip:** They are just there to give the beans a lovely garlic flavour.

**6** Chop your chives really finely (scissors make it easier). **LH:** Mix with the sour cream and a pinch of salt and pepper.

**7** Serve everything with napkins and little cups of water to wash sticky fingers!