



honey ginger marinated  
*Grilled Short Ribs*  
with 3 pepper salad

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**Ingredients (Short Ribs)**

Serves 4

- |  |   |
|--|---|
| 1 cup (250 ml) balsamic vinegar                  | 1 cup (250 ml) soy sauce                  |
| 1 tbsp. (15 g) grated orange zest                | 1 tbsp. (15 ml) honey                     |
| 1 tbsp. (15 g) grated lemon zest                 | 1 tsp. (5 g) ginger, peeled and grated    |
| 1 tsp. (5 g) salt                                | 1 tbsp. (15 g) garlic, crushed and peeled |
| ½ tsp. (3 g) black pepper                        | ½ tsp. (3 g) red pepper flakes, crushed   |
| ½ tsp. (3 g) dried oregano                       |   |
| 1 tsp. (5 g) toasted crushed coriander seeds     |   |
| 3 lbs (1.4 kg) bone-in beef short ribs, ½" thick |   |

**Method (Short Ribs)**

1. In a casserole dish, combine the vinegar, soy sauce, honey, ginger, garlic, red pepper flakes, oregano, coriander, orange and lemon zests, salt and pepper.
2. Marinate the ribs in the mixture above overnight.
3. Preheat grill to a medium/high heat. Remove ribs from marinade and grill ribs for 3 minutes on each side. Slice ribs into pieces between the bones.
4. Garnish with pieces of lemon and orange and serve with 3 pepper salad.

**Ingredients (3 Pepper Salad)**

- 1 Paysanne yellow pepper, seeded and julienned
- 1 Paysanne red pepper, seeded and julienned
- 1 Paysanne orange pepper, seeded and julienned
- ½ cup (125 ml) balsamic vinegar
- 1 tbsp. (15 ml) honey
- ½ (125 g) red onion, finely diced
- 1 tbsp. (15 g) fresh cilantro, finely diced
- Salt and pepper to taste

**Method (3 Pepper Salad)**

1. In a mixing bowl, add all the ingredients together.
2. Stand for 30 minutes, then mix well and serve immediately.

**Nutritional Facts per serving (378 g): Calories 460**

Fat 18 g (28 %), Saturated Fat 7 g + Trans Fat 0 g (35 %), Cholesterol 80 mg, Sodium 2500 mg (104 %), Carbohydrate 32 g (11 %), Fiber 2 g (8 %), Sugars 21 g, Protein 39 g, Vit A (0 %), Vit C (390 %), Calcium (8 %), Iron (30 %). % = % Daily Value