



Instant Pot Korean BBQ Pork Ribs

Active Time: 15 minutes | Total Time: 1 hour | Serves: 6

Nutrition Information Per Serving

513 calories, 33.87 g carbohydrate, 2.82 g fiber, 15.05 g NET carbs, 38.06 g protein, 31.95 g fat

Ingredients

- 8 Tbsp(s) Thrive Market Coconut Aminos
- 24 tsp(s) Lakanto Brown Monk Fruit Sweetener
- 2 pound(s) baby back pork ribs
- 1 medium pear, peeled and grated
- 1 head garlic, minced
- 1 small onion, minced
- 1 inch(es) ginger, minced
- 1/2 tsp(s) freshly ground black pepper
- 2 Tbsp(s) rice vinegar
- 2 Tbsp(s) Oil, Sesame Seed
- 2 large(s) green onions, finely sliced
- 2 tsp(s) sesame seeds

Preparation

1. Add the onion, pear, garlic, ginger to a food processor. Process to a paste. Alternately, you can mince these ingredients.
2. In a small mixing bowl, combine the coconut aminos, sweetener, black pepper, vinegar and sesame oil. Add to the onion mixture and combine well.
3. Place ribs and marinade in a large zip top bag. Seal the bag, removing the air. Marinate, refrigerated, for 30 minutes or up to 8 hours.
4. Pour the ribs and sauce into the Instant Pot. Close and lock the lid, and seal the vent. Set the pressure to HIGH and the time to 25 minutes (for fall off the bone).
5. When the time is up, allow a full natural release.
6. While the Instant Pot is naturally releasing pressure. Preheat oven to 450 degrees F.
7. Place the ribs on a baking rack and reduce the sauce. Turn the Instant Pot to Saute and simmer for 5 minutes.
8. Brush ribs with the sauce. Transfer to oven and cook 5-7 minutes per side to caramelize.
9. Serve with sauce, and topped with green onions and sesame seeds.

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