

STIR IN OR SPRINKLE ON

FLAVOUR SHAKE

hot honey

BABY BACK RIBS
WITH APPLE & RANCH SLAW



the source
BULK FOODS

HOT HONEY BABY BACK RIBS WITH APPLE & RANCH SLAW

SERVES 4

INGREDIENTS

1.5kg baby back pork ribs
50g Hot Honey Flavour Shake
1 tbsp chicken broth powder
1 cup boiling water
2 tbs honey, optional

APPLE & RANCH SLAW INGREDIENTS

150g shredded cabbage
1 large apple, grated or julienned
1 carrot, grated or julienned
¼ red onion, thinly sliced
2 tsp Ranch Flavour Shake
125mL mayonnaise
½ tbs apple cider vinegar
¼ tsp fine Celtic salt
¼ tsp ground black pepper

METHOD

Preheat oven to 150°C.

Remove the membrane from the bony side of ribs.

Coat pork ribs evenly on both sides with Hot Honey Flavour Shake. Press the flavouring into meat to ensure it sticks.

Place the ribs in a baking dish. Mix chicken broth powder with water and pour into the dish. Cover the dish with foil. Bake covered for 2 ½ hours to 3 hours or until the ribs are tender. If you prefer a caramelized finish, brush the ribs with honey during the last 15 minutes of cooking.

Remove the ribs from the oven and let rest for 10 minutes before serving.

To prepare the apple slaw, in a large bowl, combine the cabbage, apple, carrot and onion.

In a separate bowl, mix together the Ranch Flavour Shake, mayonnaise, apple cider vinegar and salt and pepper.

Pour the dressing over the slaw mixture and toss to coat evenly.

Serve hot honey pork ribs with apple and ranch slaw.

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BAKED BRIE
WITH A KICK



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BULK FOODS

HOT HONEY BAKED BRIE WITH A KICK

INGREDIENTS

200g brie
280g organic self raising flour
250mL Greek yoghurt
2 tbs Hot Honey Flavour Shake
2 sprigs fresh thyme
7 - 8 Australian organic pecans, chopped
4 -5 Australian dried apricots, chopped

METHOD

Preheat oven to 200°C. Prepare baking tray.

In a large bowl, combine the yoghurt and flour to form a two-ingredient dough.

Shape the dough into a circle, then gently flatten the centre to create a well for the brie. Place the brie in the indentation.

Bake in the oven until bread is cooked through, sounds hollow when tapped and the cheese has melted.

Garnish with a sprinkle of Hot Honey Flavour Shake, fresh thyme, pecans and apricots.

Cut into wedges and serve.

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CHICKEN NIBBLES
WITH CHEESY GARLIC
DIPPING SAUCE



the source
BULK FOODS

HOT HONEY CHICKEN NIBBLES WITH CHEESY GARLIC DIPPING SAUCE

INGREDIENTS

500g chicken nibbles
2 tsp gluten free baking powder
2 tbs Australian macadamia oil
3 tbs Hot Honey Flavour Shake

DIPPING SAUCE

125mL mayonnaise
125mL sour cream
1 tsp Australian garlic granules
1 tbs Savoury Cheese Flavour Shake
2 tbs fresh parsley
1 tbs apple cider vinegar
salt and pepper, to taste

METHOD

Preheat air fryer to 200°C.

In a bowl, coat the chicken nibbles in baking powder and oil, ensuring an even coverage.

Arrange the coated nibbles in the air fryer basket and cook for 20 to 25 minutes or fully cooked and golden.

Remove the nibbles from the air fryer and sprinkle with Hot Honey Flavour Shake and toss to ensure an even coating.

To prepare the dipping sauce, mix all the ingredients in a small bowl until well combined.

Served the nibbles with sauce.

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