

# Succulent Marinated Lamb Ribs



## **Ingredients**

10 12 Lamb Ribs

Salt & Pepper

1 bottle of Smokey BBQ Sauce

## **Method:**

1. Boil a pot of water. Add a pinch of salt to the water. Preheat oven to 180 degrees.
2. Place all trimmed lamb ribs into the water. Boil ribs on a low simmer for 25 mins.
3. Take ribs out of water and place into a lined baking dish.
4. Cover with foil and cook for 30mins in the oven.
5. Take ribs out of the oven, pour over the BBQ sauce and season with salt and pepper. Serve Immediately.