



Plain Pork Ribs



100% Australian Pork Ribs, crafted for chefs who demand quality and versatility. These clean label ribs are expertly prepared for consistent tenderness, they retain structural integrity and deliver a pure, natural pork flavour. The perfect blank canvas for your signature rubs and marinades.

Product Details

100% Australian Pork, plain ideal for chef’s own rubs, brines and sauces

Features & Benefits

- Consistent, High Quality
- Versatile
- Chilled not Frozen
- Long Chilled Shelf life
- 100% Australian Pork

Nutritional Information

SERVINGS PER PACKAGE: 10 PER kg SERVING SIZE: 75g
(Approx Edible Portion)

	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* PER SERVING	AVERAGE QUANTITY PER 100g
ENERGY	1247KJ	14%	1663KJ
PROTEIN	20.6g	41%	27.4g
- GLUTEN	NOT DETECTED		NOT DETECTED
FAT, TOTAL	24.3g	35%	32.4g
- SATURATED	9.5g	40%	12.68g
CARBOHYDRATE	0.0g	0%	0.0g

Ingredients

AUSTRALIAN PORK RIBS (100%)

Allergens

N/A

GLUTEN FREE

WITH 100% AUSTRALIAN PORK
NO PRESERVATIVES

- SUGARS	0.0g	0%	0.0g
SODIUM	74.3mg	2%	99.2mg

*% DAILY INTAKES ARE BASED ON AN AVERAGE ADULT DIET OF 8700kJ.

Packaging & Storage

6 x ~ 1.3kg heat sealed thermoformed packets per carton

40 cartons per pallet (10 cartons x 4 layers)

Weight-embedded barcode on individual units and cartons

Keep Refrigerated at 0-4°C

Consume within 5 days of opening

Ready to reheat

Prep & Reheat Suggestions

Disclaimer: Use instructions as a guide only, cooking efficiencies of appliances may vary.

STEP 1: Preheat oven to 180°C (fan-forced).

STEP 2: Remove ribs from packaging and arrange evenly on a lined oven tray.

STEP 3: Drizzle with olive oil or preferred sauce/glaze.

STEP 4: Bake for 20 minutes, uncovered, until heated through and lightly caramelised.

STEP 5: Remove from oven and plate.

Inspirations

Let your creativity take the lead - take COOKT Plain Pork Ribs into your next gourmet creation!



*Serving Suggestion