



Air Fryer Sticky BBQ Ribs  
RECIPE

## Air Fryer Sticky BBQ Ribs



Cooking time

25

Preparation time

5 mins

Serves

4

It takes less than five minutes to get these deliciously tender bites ready for the air fryer or oven. The recipe is also great for chicken wings, and easy to double if you're cooking for a big family. Cook the ribs or wings in batches, and keep them warm

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# Ingredients

- 1 sachet Royco® Sticky BBQ Flavour Coat & Cook
- 15ml (1 Tbsp) oil
- 125ml (½ cup) water
- 500g pre-cooked ribs (or uncooked chicken wings)

Products used



Sticky BBQ Flavour Coat & Cook

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## Vegetarian

For a meat-free version, use chunks of butternut or pumpkin, and air fry or oven roast for 20 to 30 minutes.

## Family Friendly

Few children can resist sticky ribs or wings. Make a double portion so you can pop some into lunchboxes the next day.

## Method

1. 1  
Preheat the air fryer to 180 °C. If you're using an oven, heat it to 190 °C.
2. 2  
In a small jug, whisk together the contents of the sachet of Royco® Sticky BBQ Flavour Coat & Cook, the oil and the water.
3. 3  
Place the ribs or wings in a bowl, pour the BBQ mixture over them and mix gently so each piece is well coated.
4. 4  
Place the pieces in the pre-heated air fryer. If you're using an oven, put the ribs or chicken on a baking sheet.
5. 5  
Air fry for about 25 minutes, or until the ribs or chicken are cooked through and nicely caramelised. Turn the pieces over halfway through cooking. In an oven, they will take about 45 minutes.
6. 6  
Serve as a snack, or as a main with garlic bread and salad.

# Recipe Tags

Air Fryer Recipes, Coat & Cook, Pork, Chicken

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Cooking time

35 mins

Preparation time

20 mins

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Cooking time

40 mins

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