



PREP TIME : 5 MIN

COOK TIME : 10 MIN

SERVES : 4

Ingredients :

- *1/2 cup (125 mL) green onions, finely sliced*
- *1/3 cup (80 mL) lime juice*
- *1/4 cup (60 mL) VH® Soya Sauce*
- *1 jar (355 mL) VH® Korean BBQ Stir-Fry Sauce*
- *2 1/2 lbs (1.2 kg) Korean Style beef short ribs*
- *PAM® Grilling Spray*

Directions :

- 1. Place green onions, lime juice, VH® Soya Sauce, 1 cup (250 mL) VH® Korean BBQ Stir-Fry Sauce and ribs in a large resealable plastic freezer bag. Seal and massage marinade into beef to cover completely.*
- 2. Marinate beef in refrigerator for a least 8 hours, but preferably overnight.*
- 3. Spray grill with PAM® Grilling Spray and heat to high. Remove ribs from bag and discard marinade.*
- 4. Place ribs on grill and cook for 3 minutes and until beef is seared with grill marks. Turn meat over and continue to grill on the second side while basting generously with remaining sauce, another 3 minutes. Remove from the grill and serve immediately.*