



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...

DAVE'S RECIPE BOX

CAJUN PORK STEAKS, RED KIDNEY BEAN RICE AND AVOCADO, TOMATO, CUCUMBER SALSA



PREP
15 min



COOK
25 min



SERVES
4

INGREDIENTS:

- > 4-6 Pork Scotch Steaks
- > 2 Cups Jasmine Rice
- > 400g Red Kidney Beans
- > 1 Red Bull Horn Chilli
- > 1 Tbsp Cajun Spice Mix
- > 1 Avocado
- > 250g Baby Cucumbers
- > 2 Tomatoes
- > 1 Coriander Bunch
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > Olive Oil

METHOD – GET COOKING!



1 Wash and cook the rice as per the packet instructions. Finely slice the cucumber, finely dice the avocado and tomatoes. Wash and finely chop the coriander.

Place ingredients into a mixing bowl, drizzle with olive oil and season with salt and pepper.

Squeeze in the juice of ½ a lemon, mix through and set aside.

2 Season the pork steaks with salt, pepper and the Cajun spice mix.

In a large hot frying pan, drizzle olive oil and sear the steaks for 2-3 minutes on each side until golden brown. Place the steaks on a baking tray and cook in the oven for 5-7 minutes.

Remove from the oven and let them rest for 10 minutes.

3 Meanwhile, cut the bull horn chilli in half, remove the seeds and finely slice into thin strips.

Using the same pan with the pork oils on a high heat, cook the chilli strips for 1 minute until softened and add to the pork steaks.

4 Once the rice is cooked, brush with a fork to fluff and release the steam. Drain the red kidney beans and mix through with the rice. Sprinkle some fresh coriander on top.

Serve rice with pork steaks, sautéed bull horn chilli and the tomato, avocado and cucumber salsa.

CHEF'S TIPS FOR COOKING AND LEFTOVERS...

- Use leftover Cajun spice mix on a roast chicken or rub on pork ribs for slow cooking.
- Brushing the rice with a carving fork will help to release the steam which will help to stop from cooking the rice and prevent from clogging.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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