



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

MEXICAN BEEF ENCHILADAS WITH RADISH AND AVOCADO



PREP
10 min



COOK
35 min



SERVES
6

INGREDIENTS:

- > 500g Beef Mince
- > 4 Tbsp Mexican Sauce
- > 400g Chopped Tomatoes
- > 10 Tortillas
- > 250g Mozzarella Cheese
- > 400g Black Beans
- > 1 Red Capsicum
- > 1 Avocado
- > 3 Radishes
- > ½ Bunch Coriander
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil

METHOD – GET COOKING!



Enchilada Filling

1

Preheat the oven to 220°C.

Wash and finely chop the coriander and **cut capsicum** into thin strips. **In a large pan, heat oil** over high and **cook** the capsicum for 5 minutes until slightly brown and **set aside**.

In the same pan, sauté the mince for approximately 5 minutes.

2

Add the capsicum and 2 Tbsp of **Mexican paste**, **stir well and simmer** for a further 2 minutes.

Drain the black beans, reserving the water. **Add black beans** and chopped coriander to the pan, turn heat down low and **allow to cook** for 5 minutes.

Enchilada Sauce

3

In a small hot saucepan, **add olive oil** and add 2 Tbsp of the **Mexican paste**. **Cook** for 1 minute, **add** the chopped **tomatoes**, the reserved **black bean water**, a pinch of **sugar** and **season** with salt and pepper.

Bring to the boil and then turn down to low and **simmer** for 5 minutes.

Meanwhile, **finely slice** the **avocado and radish**.

Enchiladas

4

Fill tortilla with beef & bean mixture and a sprinkle of **grated cheese**, then **roll up and place** into the **baking dish**. **Repeat** with remaining filling and tortillas. **Pour sauce** on top of the rolls and **sprinkle remaining cheese**.

Bake in preheated oven for 10 minutes, then **turn oven to grill** function and **bake** for approx. 5 minutes until **golden brown** on top.

Serve with coriander leaves, avocado, radish salad and a **squeeze of lemon juice**.

ABOUT YOUR LEFTOVER INGREDIENTS...

- Use leftover Mexican paste on a meaty Latin dish as a marinade or through a vegetarian burrito mix.

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



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

STICKY SOY AND GINGER CHICKEN DRUMSTICKS



PREP
10 min



COOK
25 min

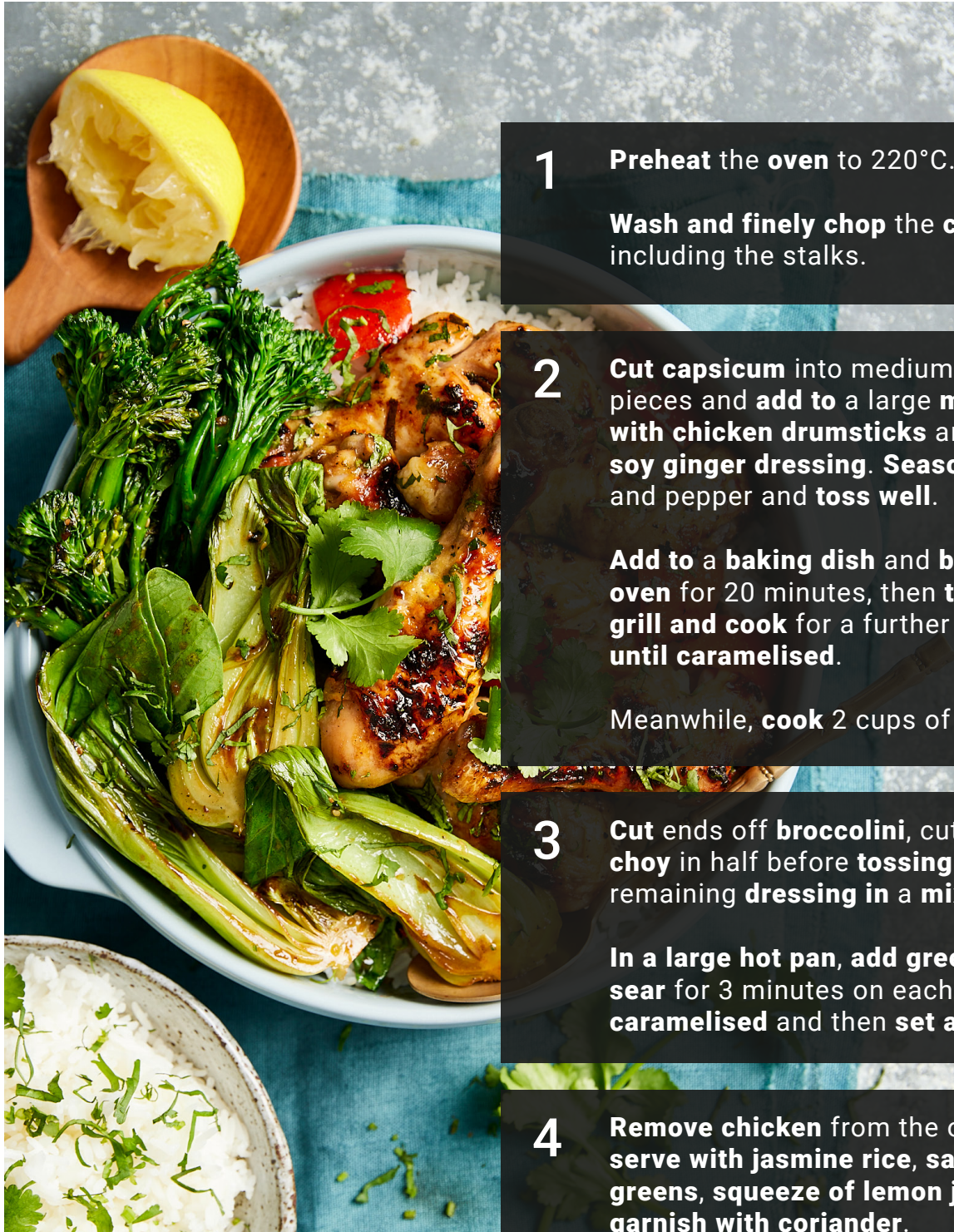


SERVES
4

INGREDIENTS:

- > 6-8 Chicken Drumsticks
- > 2 Cups of Jasmine Rice
- > 250ml Asian Soy & Ginger Dressing
- > 1 Red Capsicum
- > 1 Bunch Bok Choy
- > 1 Bunch Broccolini
- > ½ Bunch Coriander
- > 1 Lemon

METHOD - GET COOKING!



1 Preheat the oven to 220°C.

Wash and finely chop the coriander including the stalks.

2 Cut capsicum into medium sized pieces and add to a large mixing bowl with chicken drumsticks and ½ the soy ginger dressing. Season with salt and pepper and toss well.

Add to a baking dish and bake in the oven for 20 minutes, then turn to oven grill and cook for a further 5 minutes until caramelised.

Meanwhile, cook 2 cups of rice.

3 Cut ends off broccolini, cut bok choy in half before tossing with the remaining dressing in a mixing bowl.

In a large hot pan, add greens and sear for 3 minutes on each side until caramelised and then set aside.

4 Remove chicken from the oven and serve with jasmine rice, sautéed greens, squeeze of lemon juice and garnish with coriander.

ABOUT YOUR LEFTOVER INGREDIENTS...

- There won't be any leftovers this time!

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



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au