



READY TO COOK
BY HARRIS FARM

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

CLASSIC TOMATO AND CHEESE PASTA BAKE



PREP
5 min



COOK
25 min



SERVES
4

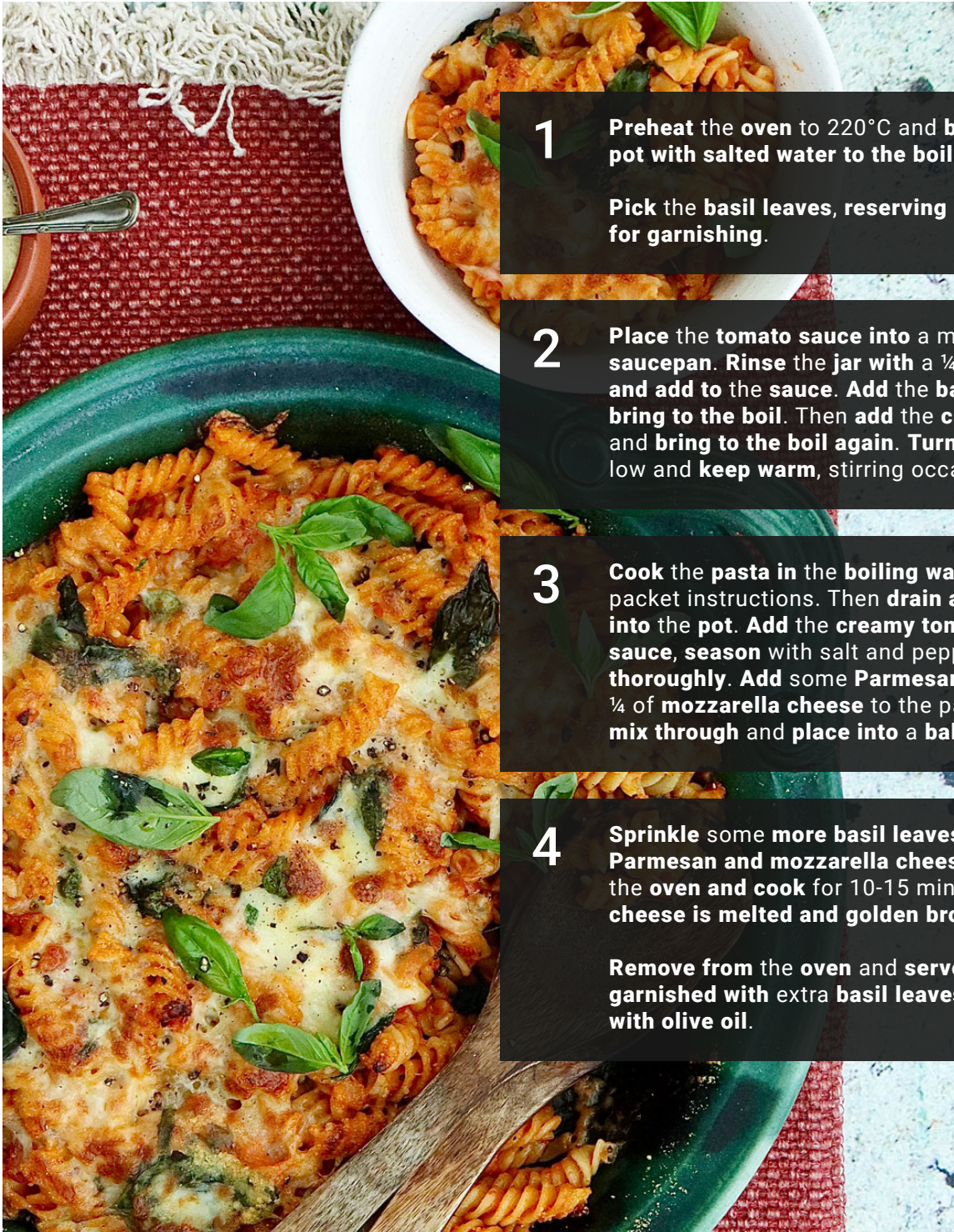
INGREDIENTS:

- > ½ Basil Bunch
- > 500g Tomato Onion Sauce
- > 300ml Cream
- > 500g Fusilli Pasta
- > 250g Mozzarella Cheese
- > ½ Cup Grated Parmesan

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1 Preheat the oven to 220°C and bring a large pot with salted water to the boil.

Pick the basil leaves, reserving some aside for garnishing.

2 Place the tomato sauce into a medium sized saucepan. Rinse the jar with a ¼ cup of water and add to the sauce. Add the basil leaves, bring to the boil. Then add the cream, mix well and bring to the boil again. Turn down heat to low and keep warm, stirring occasionally.

3 Cook the pasta in the boiling water as per packet instructions. Then drain and place back into the pot. Add the creamy tomato basil sauce, season with salt and pepper and mix thoroughly. Add some Parmesan cheese and a ¼ of mozzarella cheese to the pasta. Quickly mix through and place into a baking dish.

4 Sprinkle some more basil leaves, extra Parmesan and mozzarella cheese. Place into the oven and cook for 10-15 minutes until cheese is melted and golden brown.

Remove from the oven and serve hot, garnished with extra basil leaves and drizzled with olive oil.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover basil leaves on a pizza or another pasta dish.

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



FEEDBACK OR QUESTIONS?

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READY TO COOK
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CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

CRISPY SKIN BARRAMUNDI WITH POTATOES OLIVES AND TOMATO SALAD



PREP
15 min



COOK
35 min



SERVES
4

INGREDIENTS:

- > 1Kg Queen May Potatoes
- > 250g Cherry Tomatoes
- > 1 Red Onion
- > 1 Broccolini Bunch
- > 1/3 Cup Pitted Kalamata Olives
- > ¼ Parsley Bunch
- > 4 Barramundi Fillets

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1

Preheat oven to 200°C.

Peel, wash and cut the potatoes in half. Place them into a pot with salted water, just enough to cover them. Bring to the boil and cook for approximately 25-30 minutes until softened and cooked through.

Cut the tomatoes in half, finely slice the red onion and cut the bottom ends off the broccolini. Drain and chop the olives. Wash, pick and chop the parsley. Set all ingredients aside.

2

Pat dry the barramundi fillets and season with salt and pepper. **Bring** a large frying pan to high heat and **drizzle** with olive oil. **Place the fish flesh down and cook** for 3 minutes. **Turnover and cook further** on the skin side for another 3 minutes **until golden brown. Remove from the pan and set aside.**

Using the same pan on high heat, drizzle more olive oil and cook the onions for 3 minutes. **Add the tomatoes, olives, parsley and cook further** for 3 minutes. **Remove from heat and set aside.**

3

Place the broccolini on a lined baking tray, drizzle with olive oil and season with salt and pepper. **Place into the oven and cook** for 10 minutes **until golden brown.**

Warm the fish inside the oven for a couple of minutes **with the broccolini. Drain the potatoes and add to the pan with the olives and tomatoes. Sprinkle the chopped parsley, add the juice of ½ a lemon and gently mix through.**

4

Serve warm with olive potato and tomato salad and broccolini.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Make a long insertion along the skin of the fish to help it not curl up while searing.
- To achieve better results and better handling cook two fillets at a time.
- Thicker pieces may need to be turned again and cooked on a low heat for another 2-3 minutes until fully cooked.

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



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READY TO COOK
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CREATE THIS MEAL WITH...

DAVE'S RECIPE BOX

GREEN BEEF CURRY WITH VEGETABLES & RICE NOODLES



PREP
15 min



COOK
30 min



SERVES
4

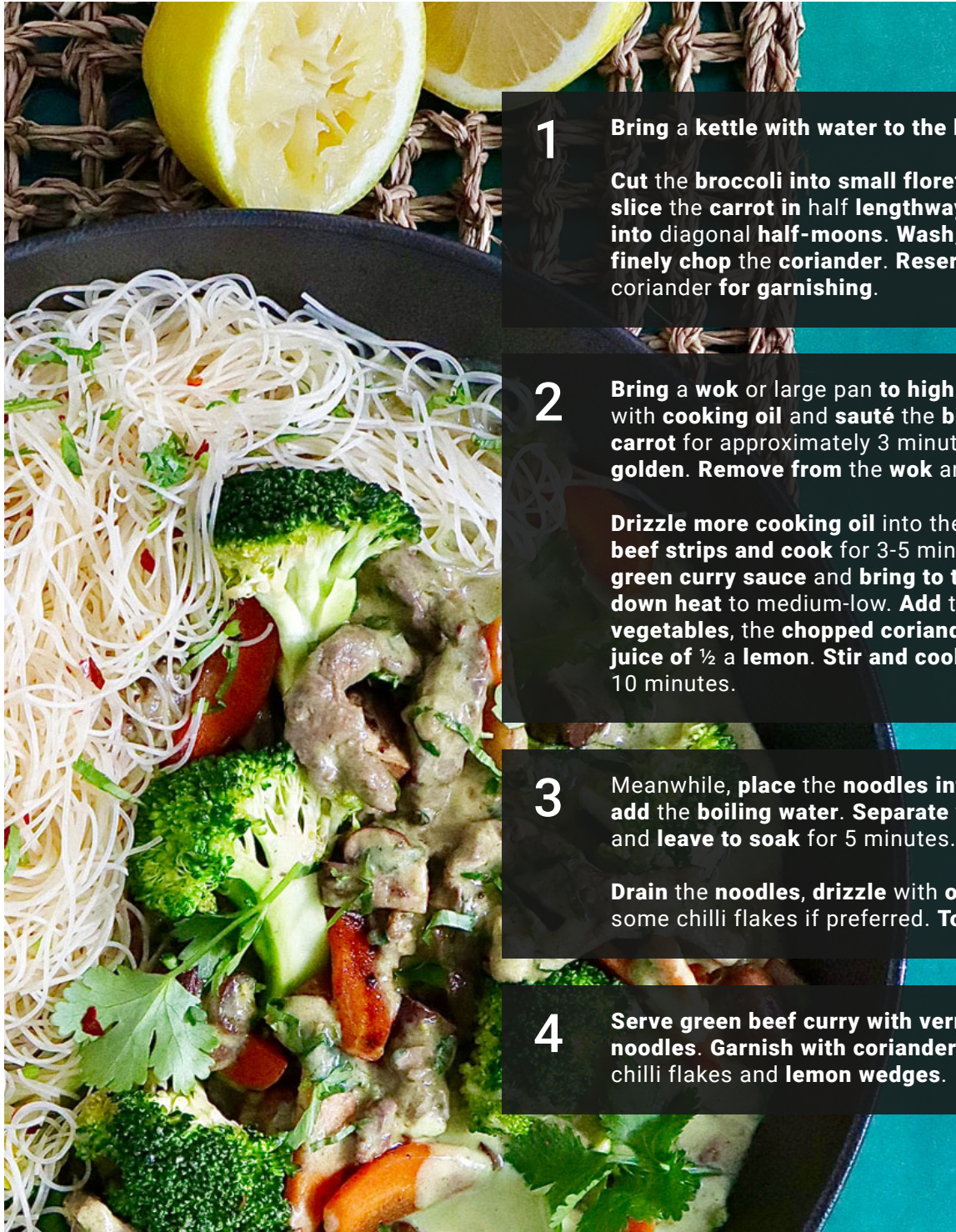
INGREDIENTS:

- > 1 Broccoli Head
- > 1 Carrot
- > ½ Coriander Bunch
- > 500g Asian Stir Fry Beef
- > 570g Green Curry Sauce
- > 250g Vermicelli Noodles
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Cooking Oil
- > Sesame Oil (Optional)
- > Soy Sauce (Optional)
- > Chilli Flakes (Optional)

METHOD – GET COOKING!



1 Bring a kettle with water to the boil.

Cut the **broccoli** into small florets. Peel and slice the **carrot** in half lengthways and then into diagonal half-moons. Wash, pick and finely chop the **coriander**. Reserve some coriander for garnishing.

2 Bring a wok or large pan to high heat, drizzle with cooking oil and sauté the broccoli and carrot for approximately 3 minutes until golden. Remove from the wok and set aside.

Drizzle more cooking oil into the wok. Add the beef strips and cook for 3-5 minutes. Add the green curry sauce and bring to the boil. Turn down heat to medium-low. Add the sautéed vegetables, the chopped coriander and the juice of ½ a lemon. Stir and cook further for 10 minutes.

3 Meanwhile, place the noodles into a bowl and add the boiling water. Separate the noodles and leave to soak for 5 minutes.

Drain the noodles, drizzle with oil, sprinkle some chilli flakes if preferred. Toss well.

4 Serve green beef curry with vermicelli noodles. Garnish with coriander leaves, extra chilli flakes and lemon wedges.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- You can garnish noodles with a splash of sesame oil and a touch of soy sauce.
- You can add some fresh chilli, chilli sauce or chilli oil if desired for some extra heat.

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READY TO COOK
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CREATE THIS MEAL WITH...

DAVE'S RECIPE BOX

MANUKA HONEY AND ROSEMARY ROASTED CHICKEN WITH SEASONAL VEGGIES



PREP
10 min



COOK
35 min



SERVES
4

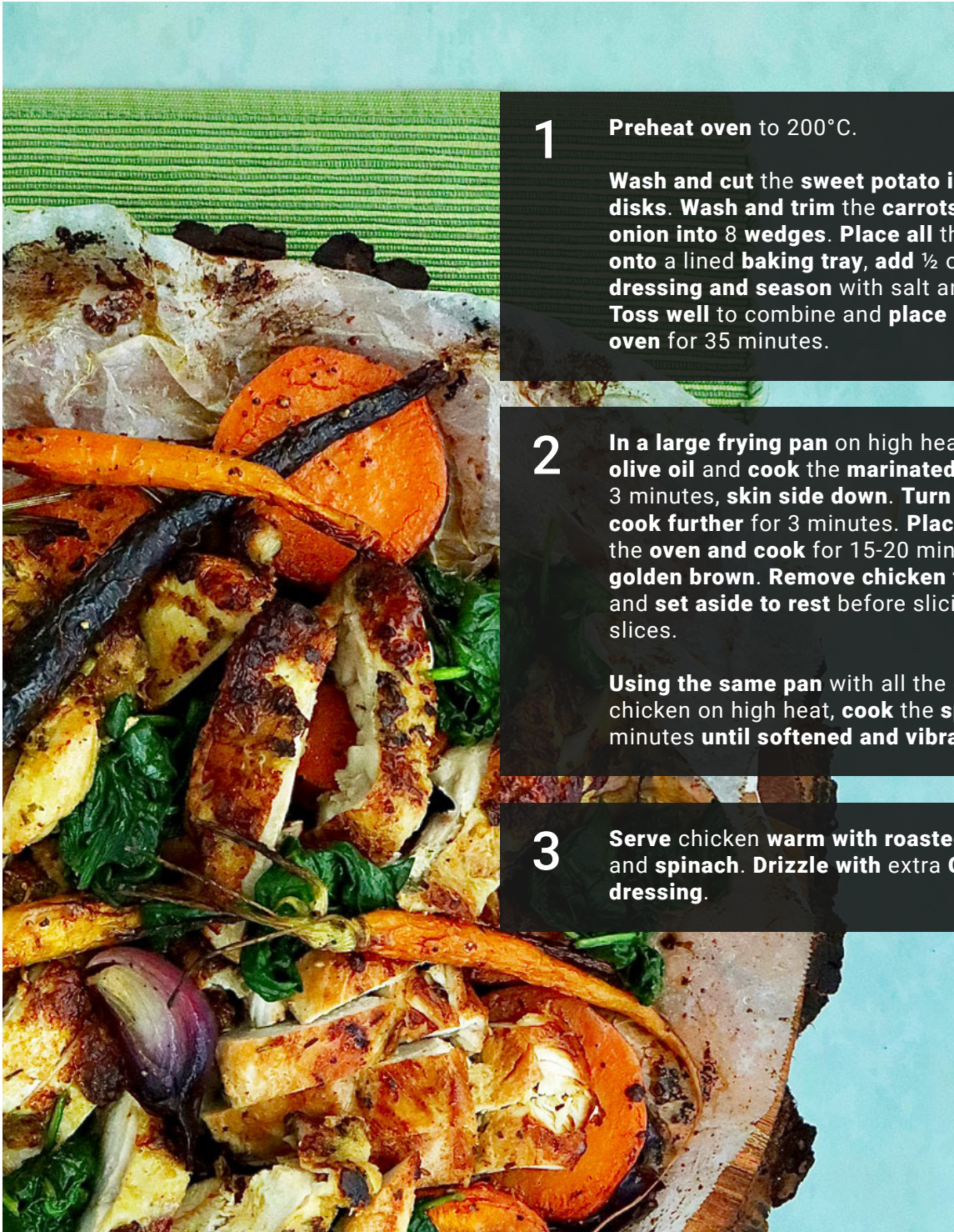
INGREDIENTS:

- > 900g-1.2kg Manuka & Rosemary Boneless Marinated Chicken
- > 1 Sweet Potato
- > 250g Dutch Carrots
- > 1 Red Onion
- > 150ml Greek Lemon Dressing
- > 120g Baby Spinach

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1

Preheat oven to 200°C.

Wash and cut the sweet potato into 1cm thick disks. Wash and trim the carrots. Cut the onion into 8 wedges. Place all the ingredients onto a lined baking tray, add ½ of the Greek dressing and season with salt and pepper. Toss well to combine and place inside the oven for 35 minutes.

2

In a large frying pan on high heat, drizzle olive oil and cook the marinated chicken for 3 minutes, skin side down. Turn around and cook further for 3 minutes. Place the pan into the oven and cook for 15-20 minutes or until golden brown. Remove chicken from the pan and set aside to rest before slicing into 1cm slices.

Using the same pan with all the oils from the chicken on high heat, cook the spinach for 3 minutes until softened and vibrant.

3

Serve chicken warm with roasted vegetables and spinach. Drizzle with extra Greek lemon dressing.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover Greek lemon dressing on any cold or warm salad.
- Once vegetables are cooked, toss well with all the oils from the tray before serving and make sure to drizzle the dish with all the juices from the chicken pan.

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