



**READY TO COOK**  
BY HARRIS FARM

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

# CRISPY SALMON POKE BOWL



PREP  
**15 min**



COOK  
**30 min**



SERVES  
**4**

## INGREDIENTS:

- > 4 Salmon Fillets
- > 1 Avocado
- > ½ Cup Miso Dressing
- > ½ Punnet Pea Sprouts
- > 1 ½ Cups Mixed Quinoa
- > ¼ Red Cabbage
- > 1 Lebanese Cucumber
- > 1 Broccolini

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 2 Tbsp Red Wine Vinegar
- > Salt and Pepper
- > 3 Tbsp Sesame Seeds
- > Olive Oil
- > 1 Tbsp Sugar

# METHOD – GET COOKING!



1

**Preheat the oven to 200°C.**

**Place the sesame seeds on a baking tray and place into the preheated oven for 20 minutes until golden. Remove from the oven and let cool.**

**Meanwhile, cook the quinoa as per packet instructions. Finely slice the red cabbage and place into a mixing bowl, add sugar and the vinegar. Massage with your hands until sugar is dissolved and set aside in the fridge.**

2

**Slice the cucumber into ½ cm disks and set aside.**

**Bring a small pot with salted water to the boil, cook the broccolini for 2-3 minutes and refresh under cold icy water. Drain and slice the stems keeping the florets whole.**

3

**Add salt and pepper to the salmon fillets. In a large frying pan on medium high heat, drizzle olive oil and sear the salmon skin side up first for 2 minutes, then turn to the skin side and cook for a further 2 minutes until golden.**

**Keep warm in the pan and let it rest.**

4

**Cut the avocado into 8 pieces and sprinkle with the sesame seeds.**

**Serve crispy skin salmon with warm quinoa, a bed of pea sprouts, topped with avocado, cucumber, pickled cabbage, broccolini and generously drizzled with the Miso dressing.**

## CHEF'S TIPS FOR COOKING AND LEFTOVERS...

- You can also remove the skin of the salmon and small dice the to have it raw, or cook it for longer to have it fully cooked if your preference.
- Use leftover quinoa for a roll or any a vegetable salad, use leftover dressing for another Asian type dish using chicken, beef or vegetables.
- Use leftover pea sprouts in a salad, sandwich or a wrap.

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

# FALAFEL AND COUSCOUS SALAD ROLL



PREP  
**10 min**



COOK  
**20 min**



SERVES  
**4**

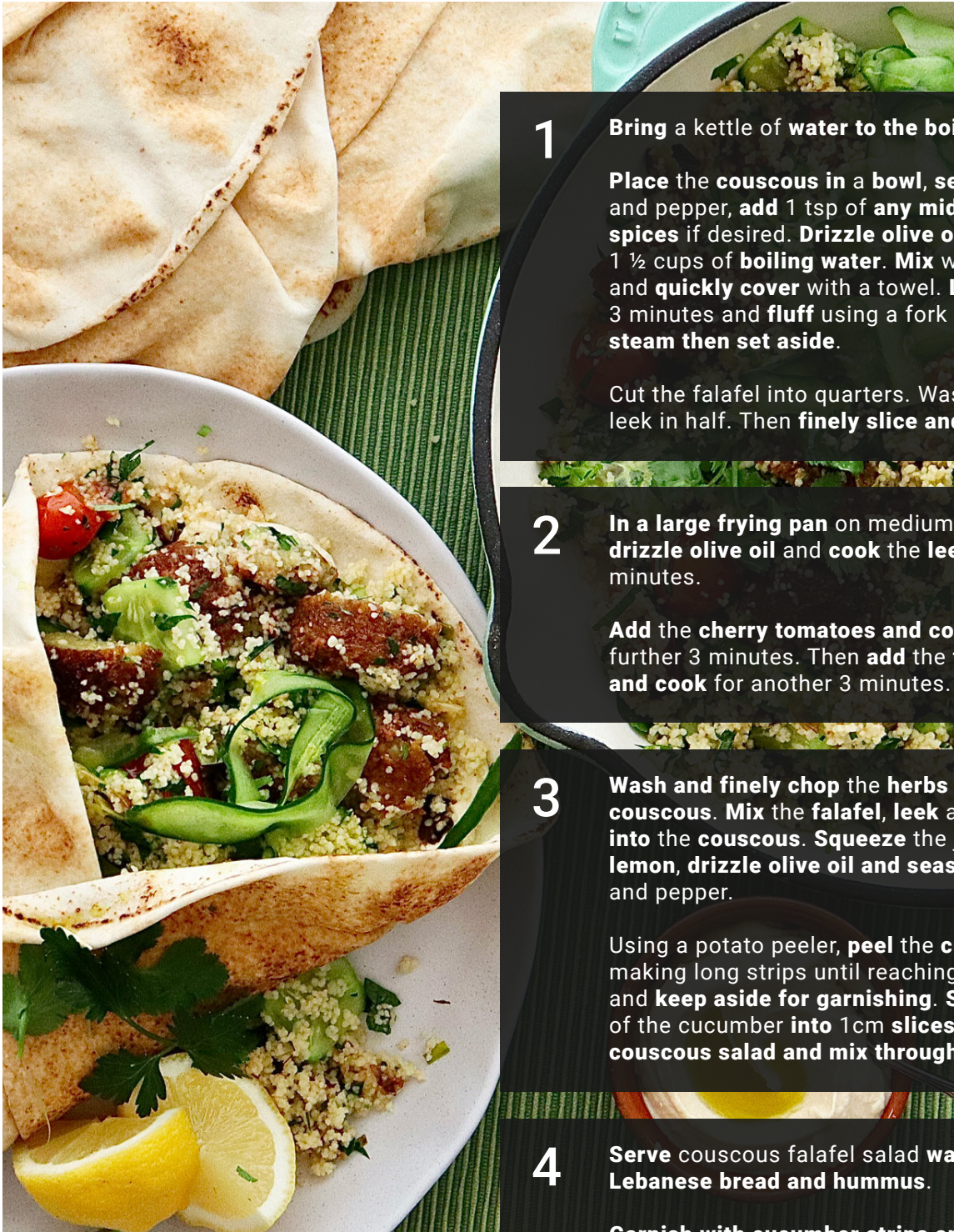
## INGREDIENTS:

- > 1 ½ Cups Couscous
- > 1 Leek
- > 200g Cherry Tomatoes
- > 200g Falafel
- > 1 Lebanese Cucumber
- > ¼ Parsley Bunch
- > ½ Mint Bunch
- > 250g Hummus
- > 7 x Lebanese Bread
- > 1 Lemon

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > Olive Oil

# METHOD - GET COOKING!



1

**Bring a kettle of water to the boil.**

**Place the couscous in a bowl, season with salt and pepper, add 1 tsp of any middle eastern spices if desired. Drizzle olive oil and add 1 ½ cups of boiling water. Mix with a fork and quickly cover with a towel. Let it sit for 3 minutes and fluff using a fork to release steam then set aside.**

Cut the falafel into quarters. Wash and cut the leek in half. Then **finely slice and set aside.**

2

**In a large frying pan on medium high heat, drizzle olive oil and cook the leek for 3 minutes.**

**Add the cherry tomatoes and cook for a further 3 minutes. Then add the falafel pieces and cook for another 3 minutes.**

3

**Wash and finely chop the herbs and add to the couscous. Mix the falafel, leek and tomatoes into the couscous. Squeeze the juice of ½ lemon, drizzle olive oil and season with salt and pepper.**

Using a potato peeler, **peel the cucumber** making long strips until reaching the core and **keep aside for garnishing. Slice the core of the cucumber into 1cm slices, add to the couscous salad and mix through.**

4

**Serve couscous falafel salad warm with fresh Lebanese bread and hummus.**

**Garnish with cucumber strips and lemon wedges.**

## CHEF'S TIPS FOR COOKING AND LEFTOVERS...

- Use any type of Mediterranean spices to spice your couscous salad.
- Use leftover couscous as a side dish on any roast dinners or in another delicious salad.

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



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