



READY TO COOK
BY HARRIS FARM

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

HONEY & SOY SALMON WITH SEASONAL ASIAN GREENS AND STICKY RICE



PREP
10 min



COOK
25 min



SERVES
4

INGREDIENTS:

- > 2 Cups Sushi Rice
- > ½ Shallots Bunch
- > 1 Bok Choy Bunch
- > 4 Salmon Fillets
- > 210ml Honey Soy Marinade
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Cooking Oil
- > Salt and Pepper
- > Roasted Sesame Seeds (Optional)

METHOD – GET COOKING!



1

Cook the rice as per packet instructions.

Cut the bottom ends off the shallots and then into batons, finely slice the tips for garnishing. Cut the bok choy in half or into quarters. Set everything aside.

Pat dry the salmon fillets and season with salt and pepper.

2

In a large frying pan on high heat, drizzle cooking oil and sear the bok choy for 2 minutes on each side. Remove from pan and set aside.

Add the shallots to the pan and sear for 2 minutes on each side until golden brown. Remove and set aside with the bok choy.

3

Using the same pan on high heat, drizzle with cooking oil and sear the salmon fillets flesh side down for approximately 2 minutes. Turnover and sear the skin side on for 2-3 minutes until golden. Remove from pan and set aside.

Remove the excess oil from the pan. Add the honey soy marinade to the same pan on medium high heat and bring to the boil. Place the salmon back in, skin side up, and cook for 5 minutes until cooked through. Squeeze the juice of ½ a lemon and mix through the sauce. Then spoon the sauce over the salmon. Finish by placing the veggies in the sauce for around 2 minutes.

4

Serve honey & soy salmon on a platter with rice and veggies.

Drizzled with the rest of the sauce and sprinkled with some sliced shallots. Garnished with sesame seeds if preferred.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use left over rice for making your own sushi rolls or as a side dish in any other Asian dish.

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

LATIN STYLE POTATO SALAD



PREP
15 min



COOK
40 min



SERVES
4

INGREDIENTS:

- > 1 Kg Sebago Potatoes
- > 2 Corn Cobs
- > 1 Red Capsicum
- > 1 Green Capsicum
- > 3 Garlic Cloves
- > 1 Large Avocado
- > 100g Sour Cream
- > 1 Coriander Bunch
- > 2 Tbsp Jalapenos

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper
- > 2 Tbsp Butter
- > ½ Tbsp Ground Cumin or Mexican Spice Mix

METHOD – GET COOKING!



1

Preheat the oven to 220°C.

Wash and cut the potatoes in half lengthways. Finely slice the red and green capsicum. Finely chop the garlic. Set all ingredients aside.

2

Place the potatoes on a lined baking tray, drizzle with a generous amount of olive oil and season with salt and pepper. Toss well and roast in the oven for 35 minutes until golden.

Peel the corn cobs, place them on a tray with a sheet of foil. Rub some butter all over, season with salt and pepper, wrap them with the foil and cook in the oven for 30 minutes.

3

Meanwhile, place the avocado into a small food processor. Wash and add ½ of the coriander, ½ Tbsp of the jalapenos including the pickling solution, 1 pinch of the chopped garlic, 2 Tbsp of sour cream and season with salt and pepper. Blitz until smooth and well combined. Set aside.

4

In a large frying pan on high heat, drizzle olive oil and cook the red and green capsicum for 5 minutes, stirring occasionally. Add the garlic, cumin and cook for a further 3 minutes. Remove from the heat and set aside. Keep warm.

Remove potatoes from the oven and set aside. Remove the corn and turn the oven to grill function. Place the corn on the first shelf closest to the grill and cook for 5 minutes on each side until charred. Then cut corn into medium sized wheels.

5

Serve potatoes with corn wheels, avocado puree, red and green capsicum sofrito, and garnished with fresh coriander leaves, pickled jalapenos and extra sour cream.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover jalapenos for any other Latin dish, Tacos, fajitas or in a salad.
- Use leftover sour cream on a piece of toast with smoked salmon.

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

PORK & BEEF SAUSAGE RIGATONI WITH CREAMY TOMATO SAUCE



 PREP
5 min

 COOK
20 min

 SERVES
4

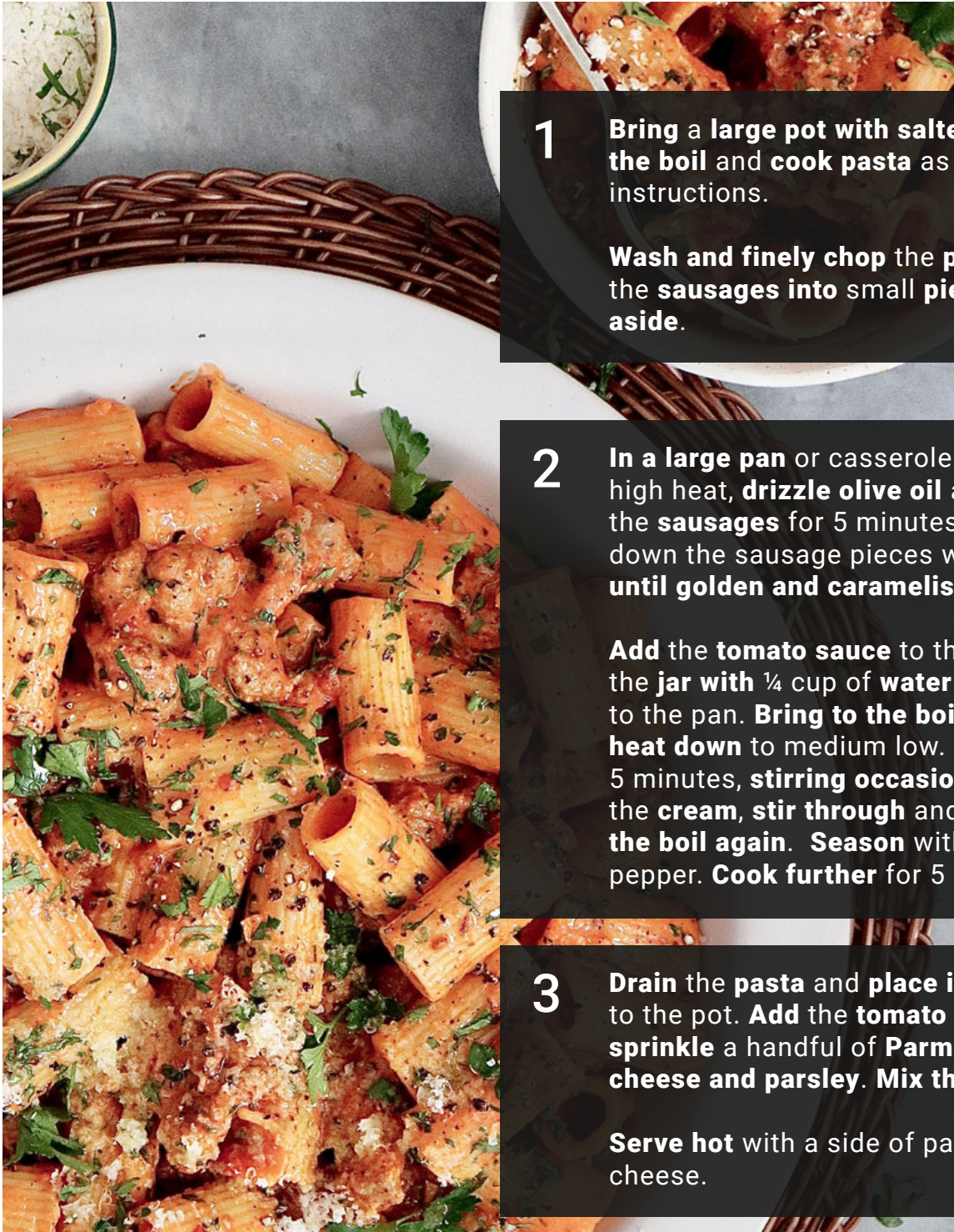
INGREDIENTS:

- > 500g Pork & Beef Sausages
- > 500g Rigatoni
- > ½ Parsley Bunch
- > 500g Tomato Onion Garlic Sauce
- > 300ml Cream
- > 100g Grated Parmesan Cheese

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

METHOD - GET COOKING!



1 Bring a large pot with salted water to the boil and cook pasta as per packet instructions.

Wash and finely chop the parsley. Cut the sausages into small pieces. Set all aside.

2 In a large pan or casserole dish on high heat, drizzle olive oil and cook the sausages for 5 minutes, breaking down the sausage pieces with a spoon, until golden and caramelised.

Add the tomato sauce to the pan, rinse the jar with $\frac{1}{4}$ cup of water and add it to the pan. Bring to the boil, turn the heat down to medium low. Simmer for 5 minutes, stirring occasionally. Add the cream, stir through and bring to the boil again. Season with salt and pepper. Cook further for 5 minutes.

3 Drain the pasta and place it back to the pot. Add the tomato sauce, sprinkle a handful of Parmesan cheese and parsley. Mix throughout.

Serve hot with a side of parmesan cheese.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- If the pasta sauce is too thick, add some extra water.
- Use leftover parmesan in a pasta dish, pizza, gnocchi, or salads.

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READY TO COOK
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CREATE THIS MEAL WITH...
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SKIRT STEAK WITH BOILED POTATOES, ASPARAGUS AND MIXED NUT SALSA



PREP
10 min



COOK
35 min



SERVES
4

INGREDIENTS:

- > 700g Dutch Cream Potatoes
- > 750g-1kg Skirt Steak
- > 1 Asparagus Bunch
- > 200g Cup Mushroom
- > 1 Red Onion
- > ½ Parsley Bunch
- > 75g Mixed Nuts

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Red Wine Vinegar
- > Salt and Pepper

METHOD – GET COOKING!



1

Wash and cut the **potatoes** in half lengthways. Place them into a **pot** with salted water, bring to the boil and **cook** for 25 minutes or until **soft**.

Cut the **bottom ends off** the asparagus and **mushrooms** into quarters. Slice the **onion** into thin wedges. **Roughly chop** the **mixed nuts** and **finely chop** the **parsley**. **Set all aside**.

Pat dry the **skirt steak**. **Cut into 4 equal size steaks**. **Season** with salt and pepper. **Set aside**.

2

Place the **nuts** and **parsley** into a **mixing bowl**. **Season** with salt, pepper and the **zest of ½ a lemon**. Add a ¼ cup of **olive oil** and a **splash of vinegar**. **Mix well** and **set aside**.

In a **large frying pan** on high heat, **drizzle olive oil** and **sear** the **steaks** for approximately 3 minutes on **each side** until **golden brown**. **Remove from the pan** and **rest** for at least 10 minutes.

3

Using the **same pan** on high heat, **drizzle more olive oil** and **sauté** the **onions** for 2 minutes. **Add** the **mushrooms** and **cook further** for 5 minutes. **Season** with salt and pepper, **remove from pan**, **set aside**.

In the **same frying pan**, **drizzle more olive oil** and **sear** the **asparagus** for 3 minutes until softened. **Season** with salt and pepper and **set aside** with the **mushrooms** and **onions**.

4

Drain the **potatoes** and **let them dry** for 1 minute. **Place on a platter** and **toss** some of the **oil from the mixed nut salsa**. **Finely slice** the **steaks** against the grain and **place onto platter**.

Serve warm with the **sautéed asparagus**, **mushrooms** and **onions**. **Finish with a drizzle of the mixed nut salsa**.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Cook the steaks for extra couple of minutes depending on your steak preferences.
- Remember to always let steaks rest well before finely slice against the grain.

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