



READY TO COOK
BY HARRIS FARM

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

PAN-FRIED GARLIC & HONEY GLAZED SALMON WITH MASH AND GREENS



PREP
15 min



COOK
35 min



SERVES
4

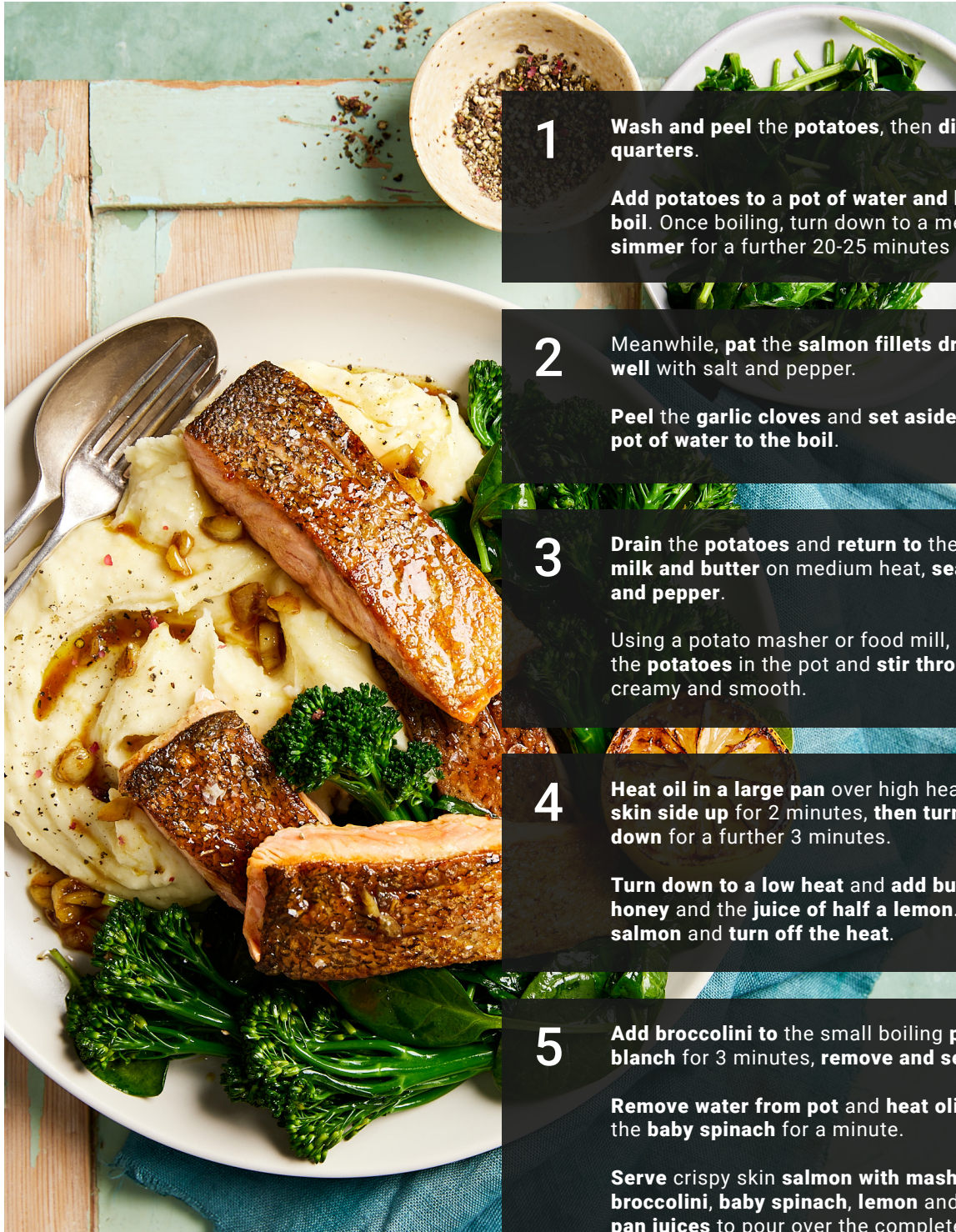
INGREDIENTS:

- > 4 Salmon Fillets
- > 2 Garlic Cloves
- > 1kg Potatoes
- > 1 Broccolini Bunch
- > 120g Baby Spinach
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > $\frac{3}{4}$ Cup Milk
- > 120g Butter
- > $\frac{1}{2}$ Tbsp Honey
- > Salt & Pepper
- > Olive Oil

METHOD - GET COOKING!



1 Wash and peel the **potatoes**, then **dice into quarters**.

Add potatoes to a pot of water and bring up to the boil. Once boiling, turn down to a medium heat, **simmer** for a further 20-25 minutes **until soft**.

2 Meanwhile, **pat the salmon fillets dry** and **season well** with salt and pepper.

Peel the garlic cloves and **set aside**. Bring a small **pot of water to the boil**.

3 **Drain the potatoes** and **return to the pot**. **Add in the milk and butter** on medium heat, **season with salt and pepper**.

Using a potato masher or food mill, **gently mash the potatoes** in the pot and **stir through well** until creamy and smooth.

4 **Heat oil in a large pan** over high heat. **Sear salmon skin side up** for 2 minutes, then **turn to skin side down** for a further 3 minutes.

Turn down to a low heat and add **butter, garlic, honey** and the **juice of half a lemon**. **Baste the salmon** and **turn off the heat**.

5 **Add broccolini to the small boiling pot of water** and **blanch** for 3 minutes, **remove and set aside**.

Remove water from pot and **heat olive oil**, **sautéing the baby spinach** for a minute.

Serve crispy skin salmon with mashed potatoes, broccolini, baby spinach, lemon and **save salmon pan juices** to pour over the completed dish.

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?

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

VEGETARIAN YELLOW CURRY WITH UDON NOODLES



PREP
10 min



COOK
25 min



SERVES
4

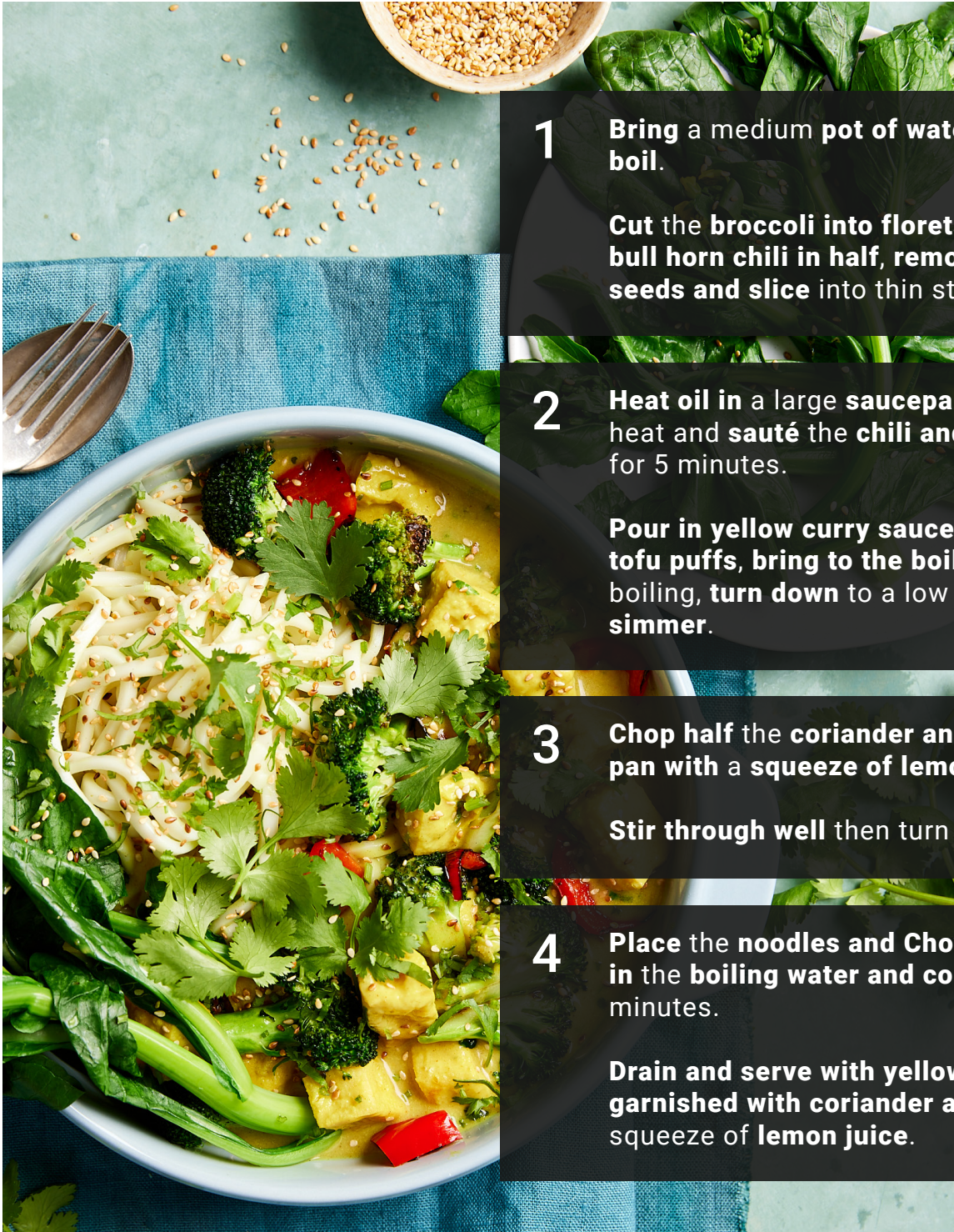
INGREDIENTS:

- > 570g Yellow Curry Sauce
- > 500g Udon Noodles
- > 180g Puffed Tofu
- > 1 Red Bull Horn Chili
- > 1 Broccoli Head
- > ½ Choy Sum Bunch
- > ½ Coriander Bunch
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Cooking Oil
- > Salt and Pepper

METHOD – GET COOKING!



1 Bring a medium pot of water to the boil.

Cut the **broccoli into florets** and **red bull horn chili in half**, remove the seeds and slice into thin strips.

2 Heat oil in a large saucepan over high heat and **sauté the chili and broccoli** for 5 minutes.

Pour in **yellow curry sauce** and add **tofu puffs**, bring to the boil. Once boiling, **turn down** to a low heat to **simmer**.

3 Chop half the **coriander** and add to the pan with a **squeeze of lemon juice**.

Stir through well then turn off heat.

4 Place the **noodles and Choy Sum** in the **boiling water** and cook for 2 minutes.

Drain and serve with yellow curry, garnished with **coriander** and a **squeeze of lemon juice**.

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