



**READY TO COOK**  
BY HARRIS FARM

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

# CLASSIC EGGPLANT PARMIGIANA



PREP  
**10 min**



COOK  
**50 min**



SERVES  
**4**

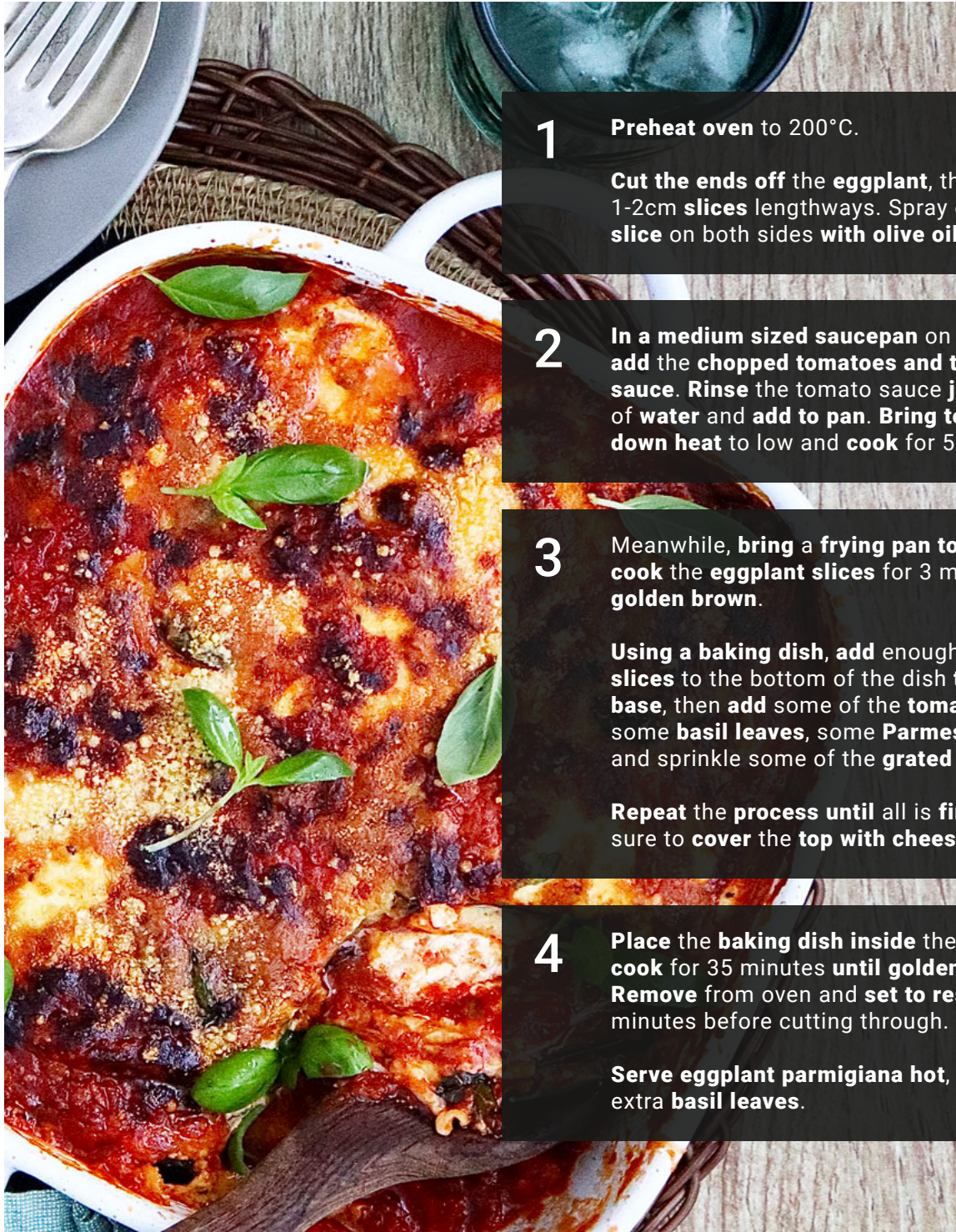
## INGREDIENTS:

- > 2 Eggplants
- > 500g Tomato Basil Sauce
- > 400g Chopped Tomatoes
- > ½ Bunch Basil
- > 250g Mozzarella Cheese
- > 100g Grated Parmesan Cheese

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

# METHOD - GET COOKING!



1

**Preheat oven** to 200°C.

**Cut the ends off** the eggplant, then **cut into 1-2cm slices** lengthways. **Spray or brush each slice** on both sides **with olive oil**, **set aside**.

2

**In a medium sized saucepan** on high heat, **add the chopped tomatoes and tomato basil sauce**. **Rinse the tomato sauce jar** with  $\frac{1}{4}$  cup of **water** and **add to pan**. **Bring to the boil**, **turn down heat** to low and **cook** for 5 minutes.

3

Meanwhile, **bring a frying pan to high heat** and **cook the eggplant slices** for 3 minutes **until golden brown**.

**Using a baking dish**, **add enough eggplant slices** to the bottom of the dish **to make a base**, then **add some of the tomato sauce**. **Add some basil leaves**, some **Parmesan cheese**, and **sprinkle some of the grated mozzarella**.

**Repeat the process until all is finished**. Make sure to **cover the top with cheese**.

4

**Place the baking dish inside the oven** and **cook** for 35 minutes **until golden brown**. **Remove** from oven and **set to rest** for 5-10 minutes before cutting through.

**Serve eggplant parmigiana hot**, topped with extra **basil leaves**.

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

- Sear the eggplant slices 2 or 3 at the time so they don't overcrowd the pan.

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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# CREAMY LENTIL CURRY WITH ROASTED CAULIFLOWER & NAAN BREAD



PREP  
**10 min**



COOK  
**45 min**



SERVES  
**4**

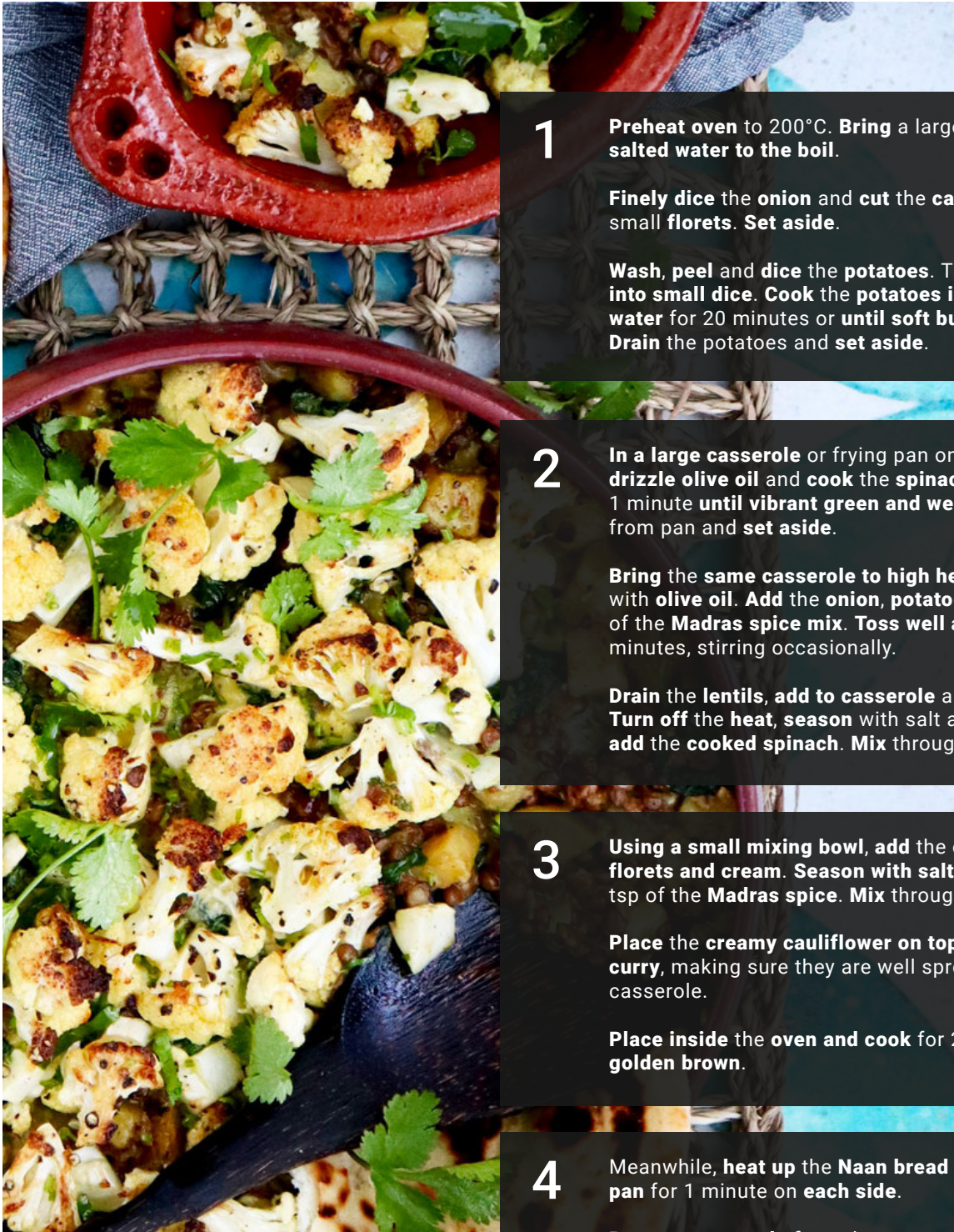
## INGREDIENTS:

- > 500g Potatoes
- > 1 Brown Onion
- > 3 tsp Madras Spice Mix
- > ½ Cauliflower
- > 800g Lentils
- > 300ml Cream
- > 120g Baby Spinach
- > 280g Naan Bread (4x Pieces)
- > 1 Lemon

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

# METHOD – GET COOKING!



1

**Preheat oven to 200°C. Bring a large pot with salted water to the boil.**

**Finely dice the onion and cut the cauliflower into small florets. Set aside.**

**Wash, peel and dice the potatoes. Then cut them into small dice. Cook the potatoes in the boiling water for 20 minutes or until soft but not mushy. Drain the potatoes and set aside.**

2

**In a large casserole or frying pan on high heat, drizzle olive oil and cook the spinach leaves for 1 minute until vibrant green and wilted. Remove from pan and set aside.**

**Bring the same casserole to high heat and drizzle with olive oil. Add the onion, potatoes and 2 tsp of the Madras spice mix. Toss well and cook for 5 minutes, stirring occasionally.**

**Drain the lentils, add to casserole and stir through. Turn off the heat, season with salt and pepper and add the cooked spinach. Mix through well.**

3

**Using a small mixing bowl, add the cauliflower florets and cream. Season with salt, pepper and 1 tsp of the Madras spice. Mix through well.**

**Place the creamy cauliflower on top of the lentil curry, making sure they are well spread over the casserole.**

**Place inside the oven and cook for 25 minutes until golden brown.**

4

**Meanwhile, heat up the Naan bread on a hot frying pan for 1 minute on each side.**

**Remove casserole from the oven, squeeze the juice of ½ a lemon. Serve creamy lentil curry hot with Naan bread.**

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

- Use leftover Korma spice mix for any other tomato or coconut based curry dish.

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



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# MUSHROOM, TOMATO AND PARMESAN RISONI



PREP  
**10 min**



COOK  
**20 min**



SERVES  
**4**

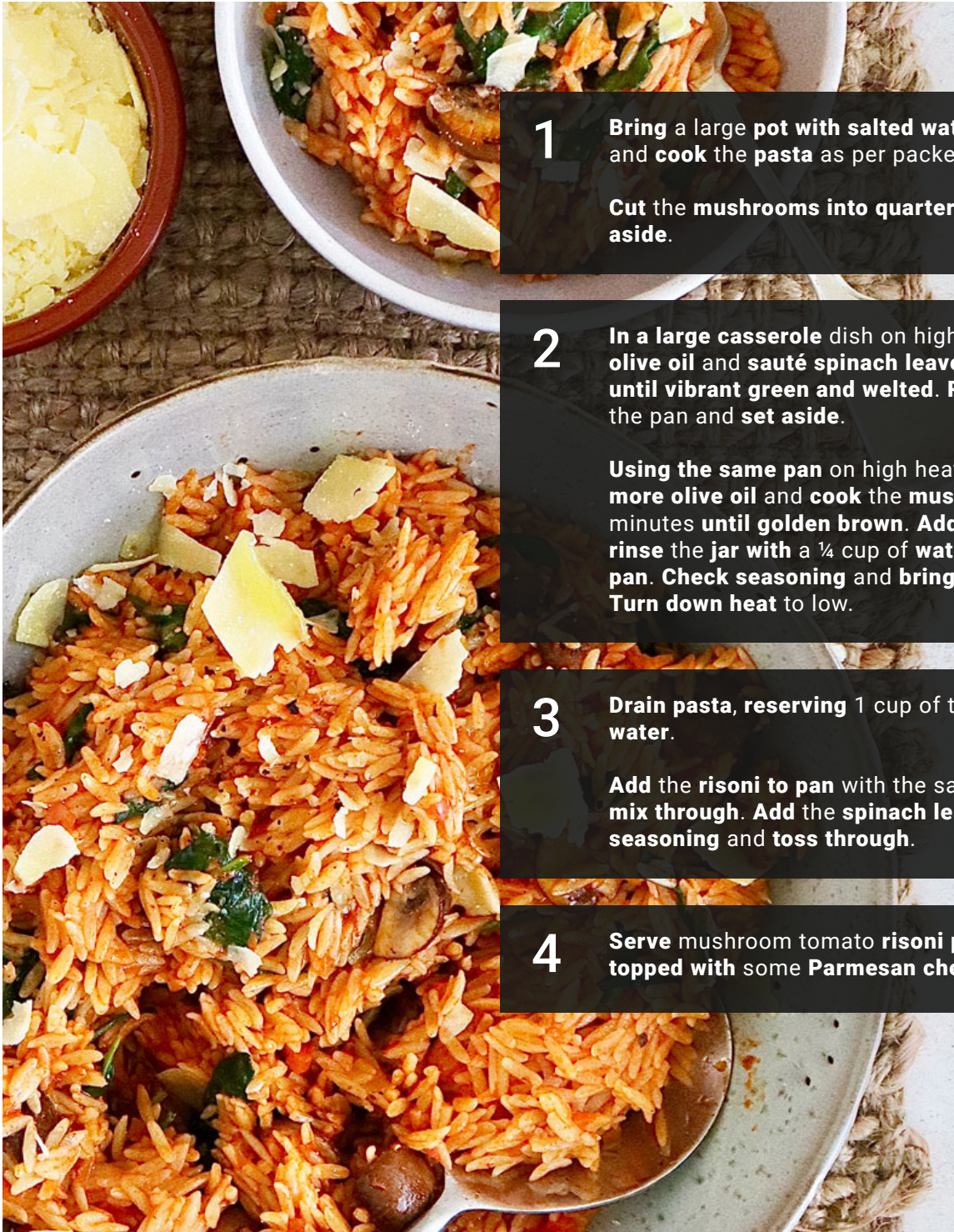
## INGREDIENTS:

- > 200g Swiss Brown Mushrooms
- > 120g Baby Spinach
- > 100g Shaved Parmesan Cheese
- > 500g Tomato Basil Sauce
- > 500g Risoni Pasta

## 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 the pasta as per packet instructions.  
Cut the mushrooms into quarters, set them aside.

**2** In a large casserole dish on high heat, drizzle olive oil and sauté spinach leaves for 1 minute until vibrant green and wilted. Remove from the pan and set aside.

Using the same pan on high heat, drizzle more olive oil and cook the mushrooms for 5 minutes until golden brown. Add the sauce, rinse the jar with a ¼ cup of water and add to pan. Check seasoning and bring to the boil. Turn down heat to low.

**3** Drain pasta, reserving 1 cup of the pasta water.

Add the risoni to pan with the sauce and mix through. Add the spinach leaves, check seasoning and toss through.

**4** Serve mushroom tomato risoni pasta hot, topped with some Parmesan cheese.

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

- Add some of the reserved pasta water to the risoni if sauce is too thick.
- Use the leftover Parmesan cheese for a pasta dish, pizza or a salad.

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



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# BAKED SWEET POTATOES WITH CHICKPEA, TOMATO AND LEMON YOGHURT



PREP  
**10 min**



COOK  
**45 min**



SERVES  
**4**

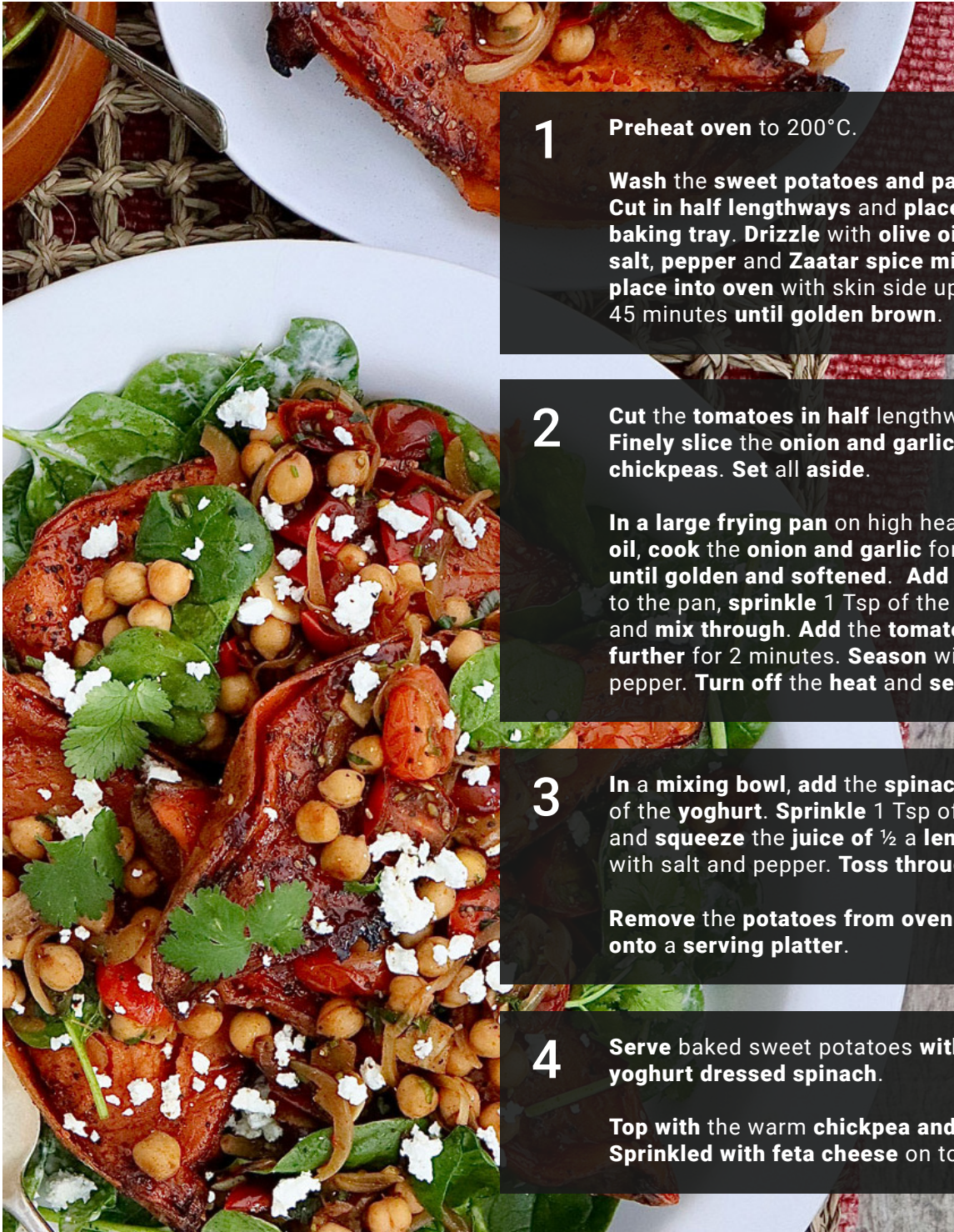
## INGREDIENTS:

- > 1Kg Sweet Potatoes
- > 2 Tsp Zaatar Spice Mix
- > 1 Brown Onion
- > 2 Garlic Cloves
- > 250g Cherry Tomatoes
- > 400g Chickpeas
- > 120g Baby Spinach
- > 350g Unsweetened Yoghurt
- > 1 Lemon
- > 100g Danish Feta Cheese

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

# METHOD – GET COOKING!



1

**Preheat oven to 200°C.**

**Wash the sweet potatoes and pat dry them. Cut in half lengthways and place on a lined baking tray. Drizzle with olive oil, season with salt, pepper and Zaatar spice mix. Rub well, place into oven with skin side up and cook for 45 minutes until golden brown.**

2

**Cut the tomatoes in half lengthways. Finely slice the onion and garlic. Drain the chickpeas. Set all aside.**

**In a large frying pan on high heat, drizzle olive oil, cook the onion and garlic for 3 minutes until golden and softened. Add the chickpeas to the pan, sprinkle 1 Tsp of the Zaatar spice and mix through. Add the tomatoes and cook further for 2 minutes. Season with salt and pepper. Turn off the heat and set aside.**

3

**In a mixing bowl, add the spinach and 3 Tbsp of the yoghurt. Sprinkle 1 Tsp of Zaatar spice and squeeze the juice of ½ a lemon. Season with salt and pepper. Toss through well.**

**Remove the potatoes from oven and place onto a serving platter.**

4

**Serve baked sweet potatoes with a bed of yoghurt dressed spinach.**

**Top with the warm chickpea and tomato salad. Sprinkled with feta cheese on top.**

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

- There won't be any leftovers this time!

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



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