



**READY TO COOK**  
BY HARRIS FARM

# HONEY & LEMON PORK CUTLETS WITH ROASTED VEGETABLES AND CANNELLINI BEANS



PREP  
**10 min**



COOK  
**35 min**



SERVES  
**4**

## INGREDIENTS:

- > 1-1.2kg Pork Cutlets
- > 1 Bunch Dutch Carrots
- > 1 Brown Onion
- > ½ Cauliflower
- > 400g Cannellini Beans
- > 1 Lemon

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper
- > Paprika



# METHOD – GET COOKING!



1

**Preheat the oven to 200°C.**

**Pad dry the pork cutlets. Season with salt and pepper. Drizzle olive oil and honey, season with salt and pepper. Rub all over, then set to marinate aside.**

**Cut the cauliflower into small florets. Wash the Dutch carrots, trim off the stems, pick the carrot leaves and set aside for garnishing. Finely slice the onion. Set all ingredients aside.**

2

**Season the cauliflower florets with salt, pepper and paprika. Toss well and add to a baking tray. Place inside the oven and cook for 25 minutes until golden brown and soft.**

3

**In a frying pan on medium high heat, drizzle olive oil and cook the onion slices for 5 minutes until softened and golden brown, stirring occasionally.**

**Add the onion slices to a large mixing bowl. Drain and rinse the cannellini beans, add to the bowl. Season with salt, pepper and a pinch of paprika. Drizzle some olive oil, mix through and set aside.**

4

**Using the same pan on medium high heat, sear the pork cutlets for 3 minutes on each side until golden brown.**

**Place the cutlets on a separate tray and cook further inside the oven for 15 minutes.**

5

**Remove veggies and pork cutlets from the oven. Squeeze the juice of half a lemon and set to rest for 5 minutes.**

**Serve honey lemon pork cutlets hot with roasted vegetables and onion-cannellini mix. Garnish with carrot leaves.**

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

- You can add any other spice to the veggies if preferred.

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



## FEEDBACK OR QUESTIONS?

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