



READY TO COOK
BY HARRIS FARM

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

HONEY, SAGE & LEMON PORK FILLET WITH ASPARAGUS AND CAULIFLOWER GRATIN



PREP
15 min



COOK
35 min



SERVES
4

INGREDIENTS:

- > 1 Pork Fillet
- > 1 Cauliflower
- > 150g Mozzarella Cheese
- > 2 Asparagus Bunches
- > 300ml Cream
- > 1 Brown Onion
- > ½ Kale Bunch
- > 3 Garlic Cloves
- > 1 Tbsp Capers
- > ¼ Sage Bunch
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 1 Tbsp Honey
- > 1 Tbsp Dijon Mustard
- > 1 Tbsp Butter

METHOD – GET COOKING!



1 Preheat the oven to 200°C. Finely chop the onion, garlic and cut cauliflower into medium sized florets.

Add 200ml cream, handful of mozzarella, onion, cauliflower and garlic into a mixing bowl. Season with salt and pepper and mix well.

Place mixture into a baking dish, sprinkle with extra cheese, place into preheated oven and cook for 35 minutes.

2 Pat dry the pork fillet, season with salt and pepper and set aside.

Heat olive oil in a large pan over high heat. Sear the pork for 2 minutes on each side until golden brown, then place into oven for 13-15 minutes, remove and let rest for 10 minutes.

3 Pick kale leaves off from the stem. Place asparagus and kale onto a baking tray, drizzle with olive oil and season with salt and pepper. Place into the oven and cook for 10-12 minutes.

4 Finely chop the sage, squeeze the vinegar off the capers and set aside. Remove pork from pan and set aside.

Using the same frying pan, with previous pork juices, add butter, capers, mustard, honey and bring to the boil.

Add the juice of ½ a lemon, the remaining cream and season with salt and pepper. Cook until thickened and brown.

5 Remove cauliflower gratin from the oven and finely slice the pork.

Serve with roasted asparagus and drizzled with honey lemon and mustard cream.

ABOUT YOUR LEFTOVER INGREDIENTS...

- Use leftover capers on a salad or a pasta dish.

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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