



**READY TO COOK**  
BY HARRIS FARM

CREATE THIS MEAL WITH...



**HARRIS FARM**  
**IMPERFECT PICKS**

# IMPERFECT FRUIT SALAD WITH YOGHURT AND GRANOLA



PREP  
**15 min**



COOK  
**N/A**



SERVES  
**4**

## INGREDIENTS:

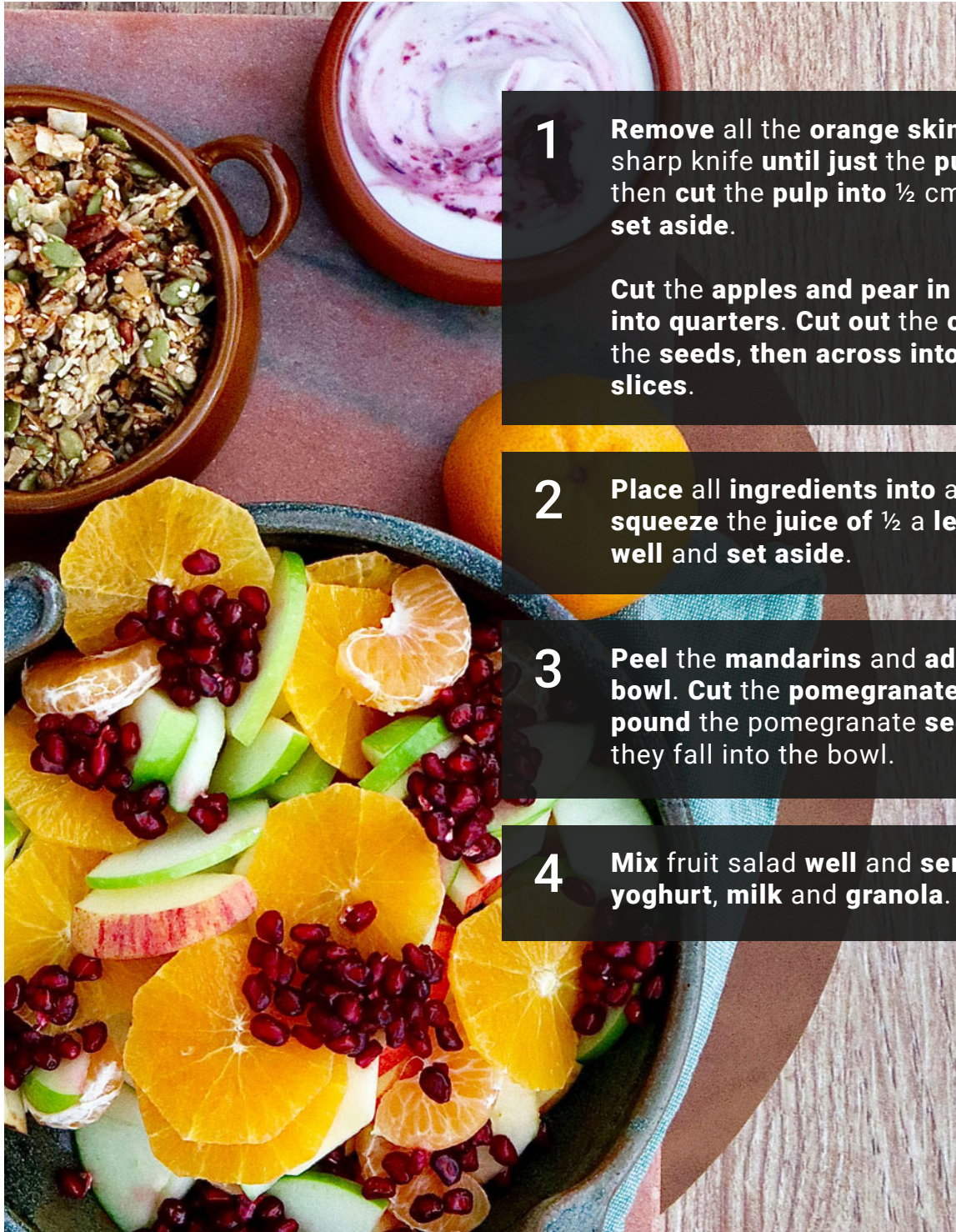
- > 3 Imperfect Oranges
- > 4 Imperfect Apples
- > 2 Imperfect Pears
- > 1 Imperfect Pomegranate
- > 2 Imperfect Mandarins
- > 1 Imperfect Lemon
- > 350g Yoghurt
- > 450g Granola

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Milk



# METHOD – GET COOKING!



**1** Remove all the **orange skin** with a sharp knife **until just the pulp is left**, then **cut the pulp into ½ cm disks and set aside.**

**Cut the apples and pear in half, then into quarters. Cut out the core with the seeds, then across into ½ cm slices.**

**2** Place all ingredients into a large bowl, **squeeze the juice of ½ a lemon, toss well and set aside.**

**3** Peel the **mandarins** and **add to the bowl. Cut the pomegranate in half and pound the pomegranate seeds out** so they fall into the bowl.

**4** **Mix fruit salad well and serve with yoghurt, milk and granola.**

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

- You can pound the pomegranate on the skin side using the back of a kitchen spoon.

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



## FEEDBACK OR QUESTIONS?

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# IMPERFECT RATATOUILLE



PREP  
**15 min**



COOK  
**40 min**



SERVES  
**4**

## INGREDIENTS:

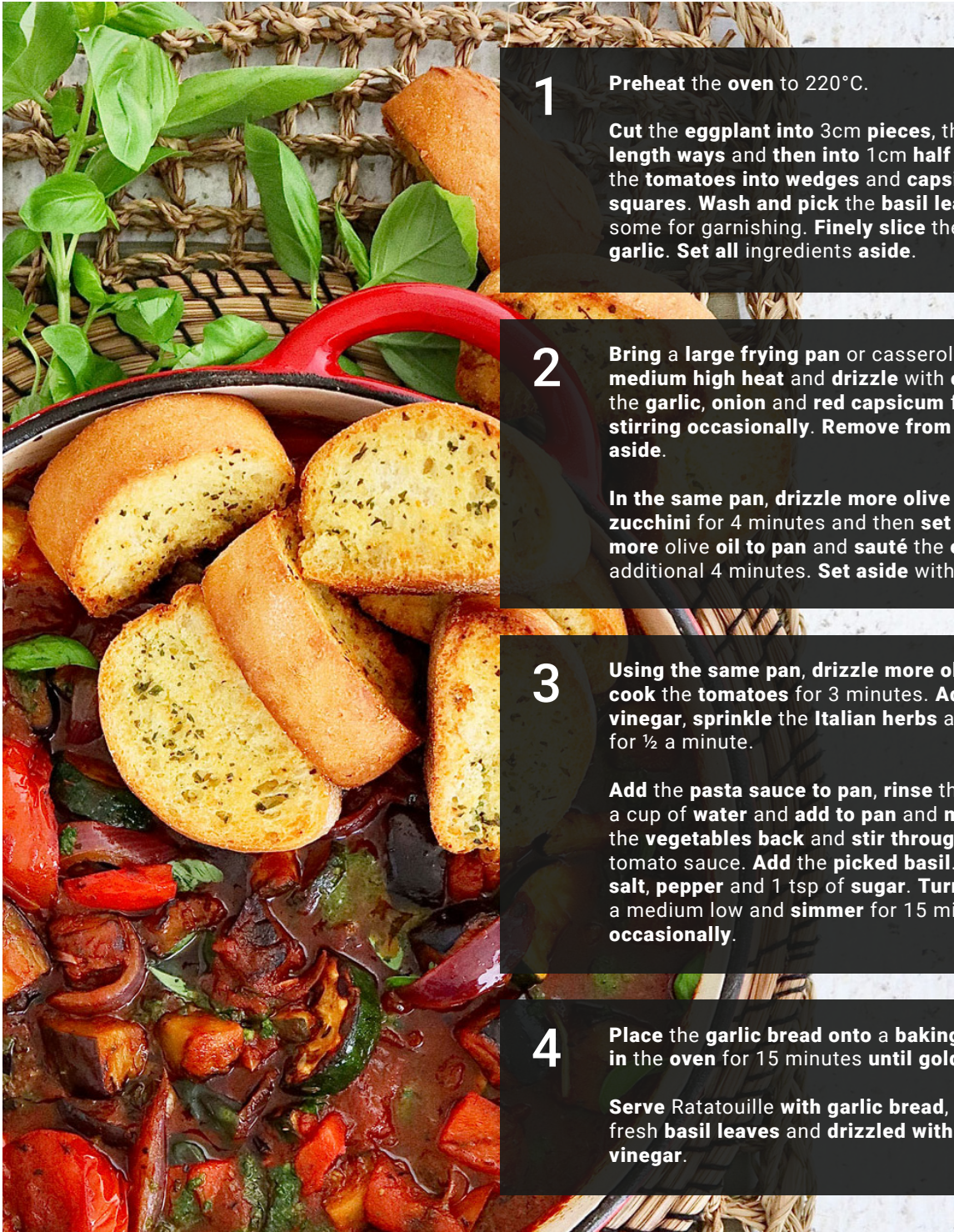
- > 1 Imperfect Eggplant
- > 2 Imperfect Zucchini
- > 3 Imperfect Tomatoes
- > 1 Red Onion
- > 3 Garlic Cloves
- > 1 Red Capsicum
- > 500g Tomato Onion Pasta Sauce
- > 1 Tbsp Italian Herbs
- > ½ Bunch Basil
- > 1 Garlic Bread

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper
- > 1½ Tbsp Balsamic Vinegar
- > 1 tsp Sugar



# METHOD – GET COOKING!



1

**Preheat the oven to 220°C.**

**Cut the eggplant into 3cm pieces, the zucchini half length ways and then into 1cm half moons. Cut the tomatoes into wedges and capsicum into 3cm squares. Wash and pick the basil leaves, reserving some for garnishing. Finely slice the onion and garlic. Set all ingredients aside.**

2

**Bring a large frying pan or casserole dish to medium high heat and drizzle with olive oil. Sauté the garlic, onion and red capsicum for 5 minutes, stirring occasionally. Remove from the pan and set aside.**

**In the same pan, drizzle more olive oil, sauté the zucchini for 4 minutes and then set aside. Add more olive oil to pan and sauté the eggplant for an additional 4 minutes. Set aside with all veggies.**

3

**Using the same pan, drizzle more olive oil and cook the tomatoes for 3 minutes. Add the balsamic vinegar, sprinkle the Italian herbs and cook further for ½ a minute.**

**Add the pasta sauce to pan, rinse the jar with ½ a cup of water and add to pan and mix well. Add the vegetables back and stir throughout with the tomato sauce. Add the picked basil. Season with salt, pepper and 1 tsp of sugar. Turn down heat to a medium low and simmer for 15 minutes, stirring occasionally.**

4

**Place the garlic bread onto a baking tray and cook in the oven for 15 minutes until golden and crispy.**

**Serve Ratatouille with garlic bread, topped with fresh basil leaves and drizzled with balsamic vinegar.**

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

- There won't be any leftovers this time!

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# IMPERFECT SWEET POTATO CHIPS WITH LEMON, CORIANDER & FETA YOGHURT DIP



PREP  
**1.5 hr**



COOK  
**45 min**



SERVES  
**4**

## INGREDIENTS:

- > 1Kg Imperfect Sweet Potatoes
- > 1 Tbsp Spanish Spice Mix
- > 150g Danish Feta
- > 200g Unsweetened Yoghurt
- > ½ Coriander Bunch
- > 1 Imperfect Lemon

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 1 Garlic Clove
- > 2 Tbsp Corn Flour
- > Olive Oil
- > Salt and Pepper



# METHOD - GET COOKING!



1

**Preheat the oven to 220°C.**

**Wash and pick the coriander. Set aside.**

**Cut the sweet potatoes in half length ways, then into 2-3cm thick wedges. Place them into a bowl with cold water and let them soak for at least 1 hour.**

**Place the yoghurt, feta cheese, garlic, coriander, ½ tsp of the spice mix and the juice of ½ lemon into a blender. Season with salt and pepper. Blitz until smooth and creamy. Set dip aside in the fridge.**

2

**Place baking paper onto two oven trays, spray with olive oil and preheat inside the oven for 5 minutes.**

Meanwhile, **remove the sweet potatoes from the water and drain well. Pat dry** them, making sure no moisture is left. **Place them in a bowl or plastic bag, then add the corn flour and shake well until fully coated.**

3

**Remove the trays from the oven. Arrange the sweet potatoes onto trays, with at least 1cm separation between wedges. Drizzle with olive oil and a sprinkle of the Spanish spice mix. Cook inside the oven for 20 minutes.**

**Remove tray from the oven and turn over the wedges. Place back into the oven and cook further for 15 minutes.**

**Turn the oven off and let the sweet potato dry while cooling down with the oven door open for around 10 minutes.**

4

**Serve sweet potato chips warm with coriander and feta yoghurt dip.**

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

- You can pat dry the sweet potato with a tea towel if preferred.

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



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# LEMON & GARLIC ROASTED CHICKEN WITH IMPERFECT ROASTED TOMATO AND OLIVE SALAD



PREP  
**10 min**



COOK  
**40 min**



SERVES  
**4**

## INGREDIENTS:

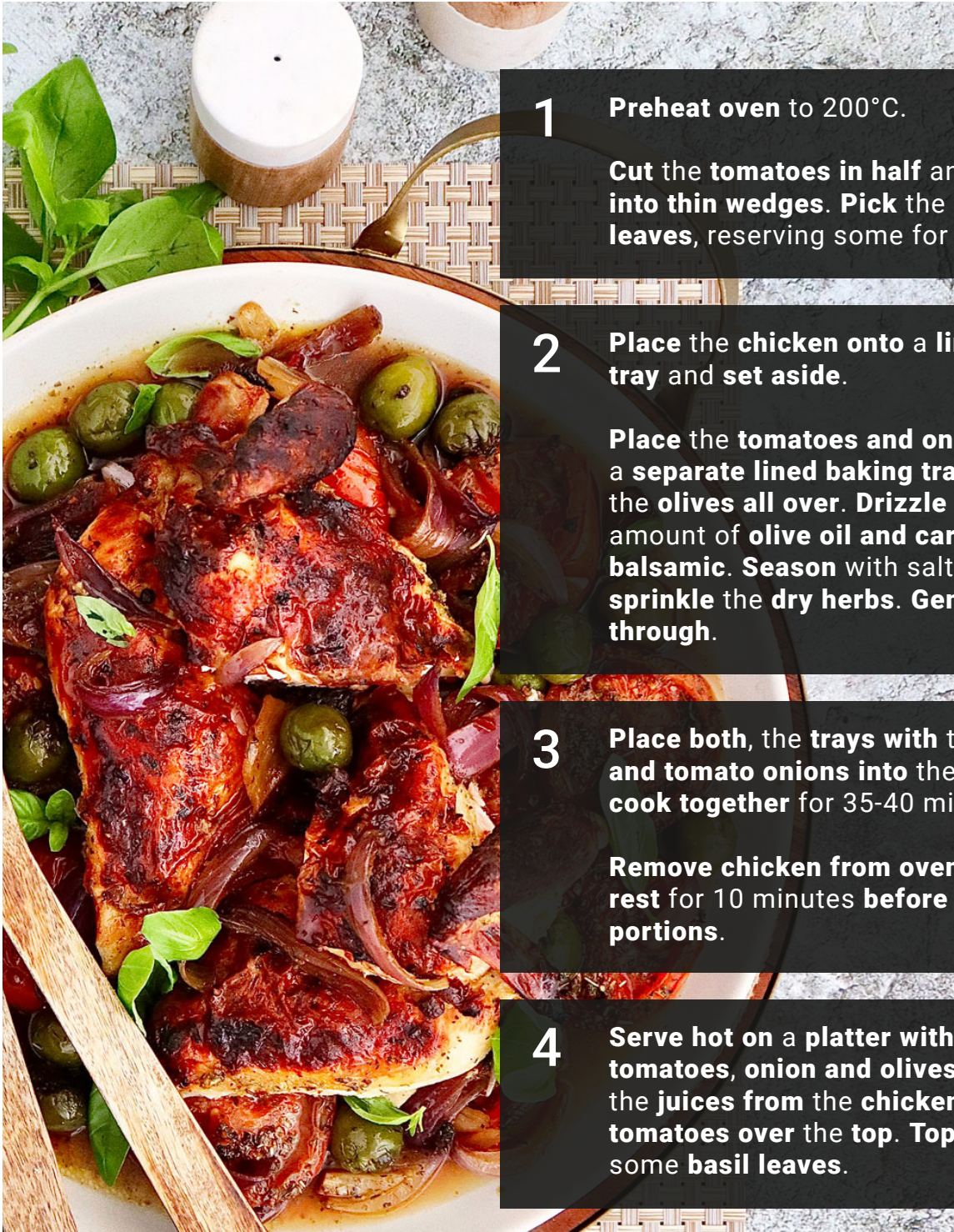
- > 1-1.2kg Butterfly Lemon Garlic Chicken
- > 6 Imperfect Tomatoes
- > ½ Cup Sicilian Olives
- > 1 Red Onion

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > 1½ Tbsp Caramelised Balsamic
- > Salt and Pepper
- > 1 Tbsp Italian Herbs



# METHOD – GET COOKING!



1

**Preheat oven to 200°C.**

**Cut the tomatoes in half and onion into thin wedges. Pick the basil leaves, reserving some for garnishing.**

2

**Place the chicken onto a lined baking tray and set aside.**

**Place the tomatoes and onions onto a separate lined baking tray and add the olives all over. Drizzle with a good amount of olive oil and caramelised balsamic. Season with salt, pepper and sprinkle the dry herbs. Gently toss through.**

3

**Place both, the trays with the chicken and tomato onions into the oven and cook together for 35-40 minutes.**

**Remove chicken from oven and let it rest for 10 minutes before cutting into portions.**

4

**Serve hot on a platter with the tomatoes, onion and olives. Pour the juices from the chicken tray and tomatoes over the top. Topped with some basil leaves.**

## 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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# POTATO ROSTI WITH CHORIZO, POACHED EGGS AND GUACAMOLE



PREP  
**20 min**



COOK  
**20 min**



SERVES  
**4**

## INGREDIENTS:

- > 700g Imperfect Potatoes
- > 1 Brown Onion
- > 2 Imperfect Tomatoes
- > 1 Imperfect Avocado
- > 1 Garlic Clove
- > 1 Imperfect Lemon
- > ¼ Coriander Bunch
- > 220g Chorizo
- > 125g Salad Sprouts
- > 6 Eggs

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > ¾ Cup Frying Oil
- > ½ Cup Plain Flour
- > Salt and Pepper
- > White Vinegar



# METHOD - GET COOKING!



1

**Peel and grate** the potatoes and onion into a bowl. **Place a quarter in a cloth, squeeze hard until nearly dry and place into a different bowl. Continue with the rest until all dried. Stir well.**

**Cut the tomatoes into small dices, the chorizos in half and then into half moons. Wash the coriander.**

**Place the avocado, garlic and coriander into a blender. Squeeze the juice of ½ a lemon and season with salt and pepper. Blitz until smooth. Place the avocado mix into a bowl and mix through with the tomatoes. Check seasoning and set aside.**

2

**In a large frying pan on high heat, drizzle olive oil and sauté the chorizo for 3-4 minutes until golden brown. Remove from the pan and set aside.**

**Whisk 1 egg and add to the potato mix. Add the flour and mix through until combined. Make patties with the potato mix.**

3

**Using the same pan on medium heat, add the cooking oil to shallow fry. Carefully add the potato patties to the pan and cook 4 at a time for 2-3 minutes on each side until golden brown. Make sure to not overcrowd the pan. Remove from the pan and place onto a plate with paper towel.**

**Repeat the process with the rest of mixture until finished.**

4

**Poach the eggs in a pot with simmering water and dash of white vinegar.**

**Serve potato rosti hot with eggs, sprout salad leaves, chorizo and guacamole.**

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

- Cook the eggs any way you prefer.

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



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