



**READY TO COOK**  
BY HARRIS FARM

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

# MEDITERRANEAN BEEF SAUSAGES WITH PILAF RICE



PREP  
**10 min**



COOK  
**30 min**



SERVES  
**4**

## INGREDIENTS:

- > 6 Beef Sausages
- > 500g Basmati Rice
- > ½ Jar Caramelised Onion
- > 400g Chickpeas
- > 500ml Vegetable Stock
- > 225g Mixed Low Carb Nuts
- > ½ Leek
- > 1 Red Capsicum
- > 1 Bunch Chives
- > 1 Clove Garlic

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Cooking Oil

# METHOD – GET COOKING!



**1** Finely dice capsicum and leek, roughly chop the garlic and set aside.

Slice sausages thinly.

**2** In a casserole dish, add oil over high heat and sauté the sausage for about 5 minutes until cooked and golden brown.

Drain chickpeas, add to the pan and simmer for 2 minutes before adding 2 tbsp of caramelised onion.

Remove from pan, set aside.

**3** In the same dish, heat oil and sauté the capsicum for 3 minutes until soft and caramelised.

Add garlic and leek and cook for a further 3 minutes.

**4** Add rice and 2 ½ cups of stock, season with salt and bring to the boil, stirring occasionally until half the water has evaporated.

Turn down to low and cover with a lid making sure the rice is evenly spread, cooking for a further 15 minutes.

**5** Meanwhile, add nuts to a frying pan on medium high heat, toast until golden brown and set aside.

Finely chop the chives and set aside.

**6** Once rice is cooked, fluff with a fork and serve with Mediterranean sausage mix, toasted nuts and garnish with chives.

## ABOUT YOUR LEFTOVER INGREDIENTS...

- Use leftover caramelised onions on sandwiches or in another salad.
- Use leftover stock on soups or any other slow cooked dishes.
- Snack on leftover nuts and seeds or sprinkle on a salad.

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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