



READY TO COOK
BY HARRIS FARM

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

CHICKEN, CORN, MUSHROOM & CHEESY CHEDDAR PENNE



PREP
15 min



COOK
25 min



SERVES
4

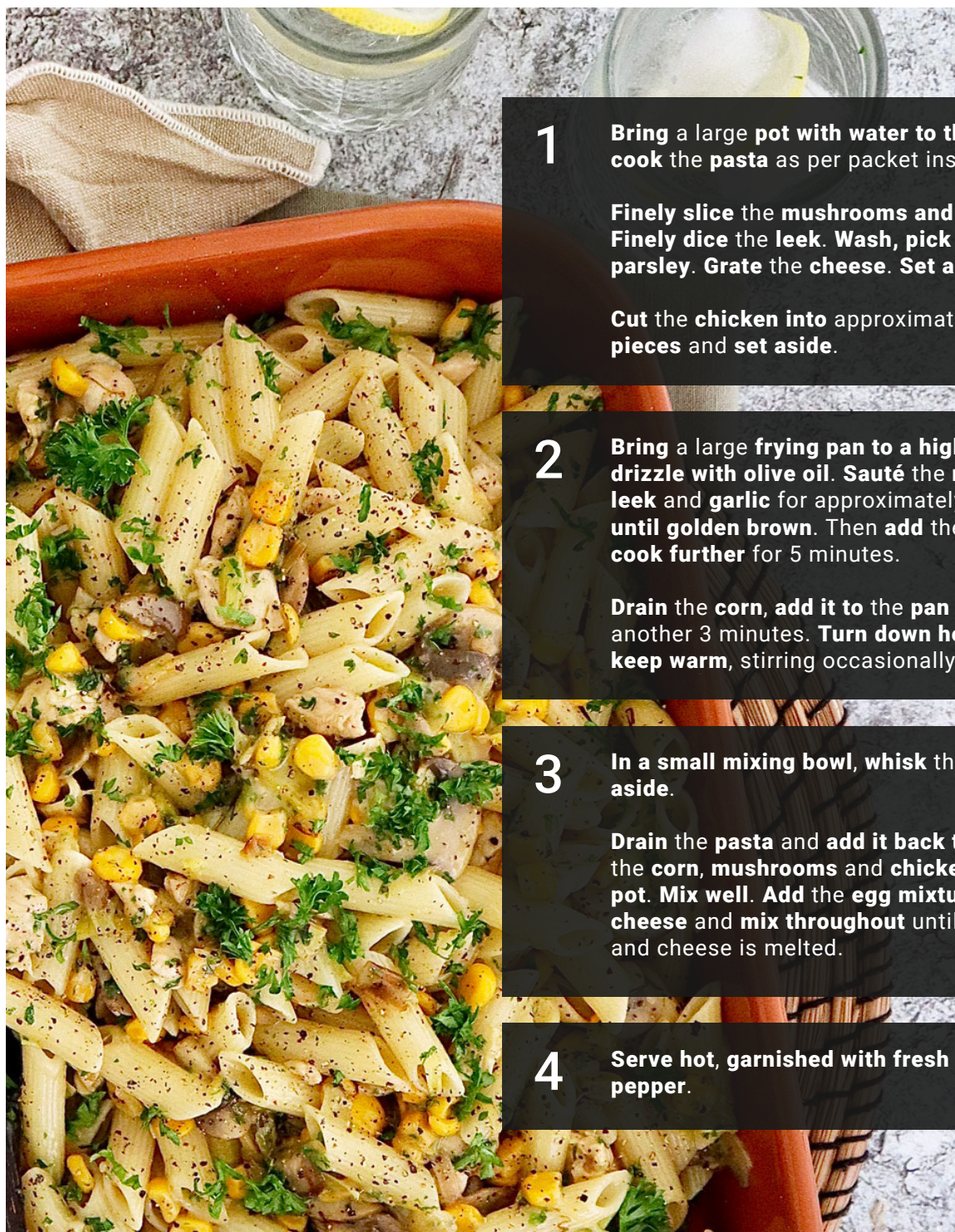
INGREDIENTS:

- > 180g Swiss Brown Mushrooms
- > 1 Leek
- > 3 Garlic Cloves
- > 1 Parsley Bunch
- > 400g Chicken
- > 350g Sweet Corn
- > 500g Penne Pasta
- > 2 Eggs
- > 200g Organic Cheddar Cheese

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1 Bring a large pot with water to the boil and cook the pasta as per packet instructions

Finely slice the mushrooms and garlic. Finely dice the leek. Wash, pick and chop the parsley. Grate the cheese. Set all aside.

Cut the chicken into approximately 2cm pieces and set aside.

2 Bring a large frying pan to a high heat and drizzle with olive oil. Sauté the mushrooms, leek and garlic for approximately 5 minutes until golden brown. Then add the chicken and cook further for 5 minutes.

Drain the corn, add it to the pan and cook for another 3 minutes. Turn down heat to low and keep warm, stirring occasionally.

3 In a small mixing bowl, whisk the eggs and set aside.

Drain the pasta and add it back to the pot. Add the corn, mushrooms and chicken mix to the pot. Mix well. Add the egg mixture, parsley, cheese and mix throughout until combined and cheese is melted.

4 Serve hot, garnished with fresh cracked pepper.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Make sure to add the eggs while heat is turned off to avoid scrambling the eggs. It should melt into a sauce with the cheese.

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



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...

DAVE'S RECIPE BOX

UDON NOODLE MISO SOUP WITH CABBAGE AND SPICY TOFU



PREP
15 min



COOK
25 min



SERVES
4

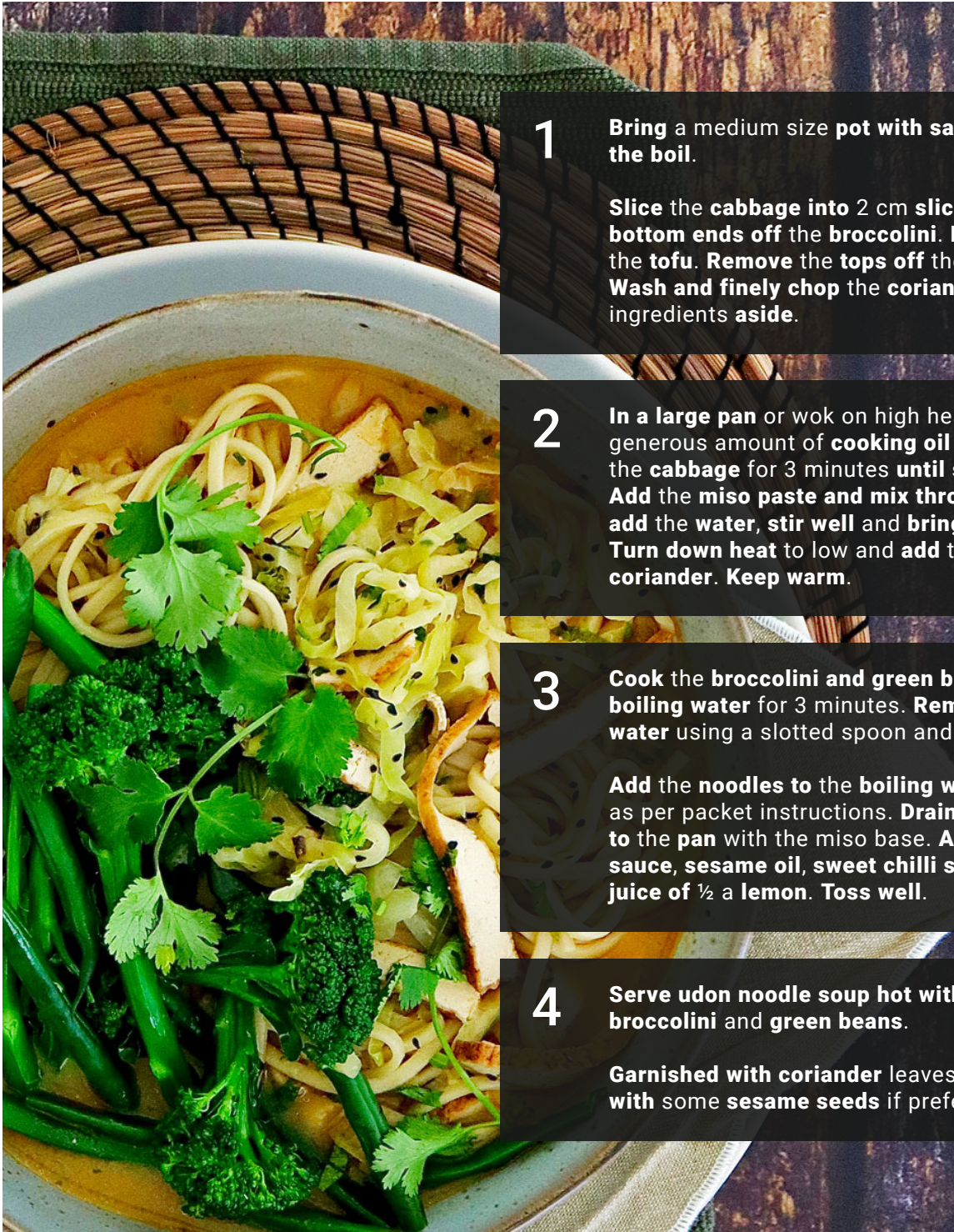
INGREDIENTS:

- > ¼ Cabbage
- > 1 Broccolini Bunch
- > 200g Green Beans
- > 1 Spicy Tofu
- > 100g Miso Paste
- > 300g Udon Noodles
- > ¼ Coriander Bunch
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > ½ Tbsp Soy Sauce or Tamari
- > 1 Tsp Sesame Oil
- > 1 ½ Tbsp Sweet Chilli Sauce
- > 1L Water
- > Cooking Oil
- > Sesame Seeds (Optional)

METHOD - GET COOKING!



1

Bring a medium size pot with salted water to the boil.

Slice the cabbage into 2 cm slices. Cut the bottom ends off the broccolini. Finely slice the tofu. Remove the tops off the green beans. Wash and finely chop the coriander. Set all ingredients aside.

2

In a large pan or wok on high heat, drizzle a generous amount of cooking oil and sauté the cabbage for 3 minutes until softened. Add the miso paste and mix through. Then add the water, stir well and bring to the boil. Turn down heat to low and add the chopped coriander. Keep warm.

3

Cook the broccolini and green beans in the boiling water for 3 minutes. Remove from the water using a slotted spoon and set aside.

Add the noodles to the boiling water and cook as per packet instructions. Drain and add them to the pan with the miso base. Add the soy sauce, sesame oil, sweet chilli sauce, and the juice of ½ a lemon. Toss well.

4

Serve udon noodle soup hot with sliced tofu, broccolini and green beans.

Garnished with coriander leaves, and topped with some sesame seeds if preferred.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover miso paste for marinades, dressings or as snack miso soup.
- Use leftover cabbage for a salad or on a stir fry dish.

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



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au



READY TO COOK
BY HARRIS FARM

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

ORGANIC BEEF NACHOS WITH GUACAMOLE & CHEESE



PREP
15 min



COOK
30 min



SERVES
4

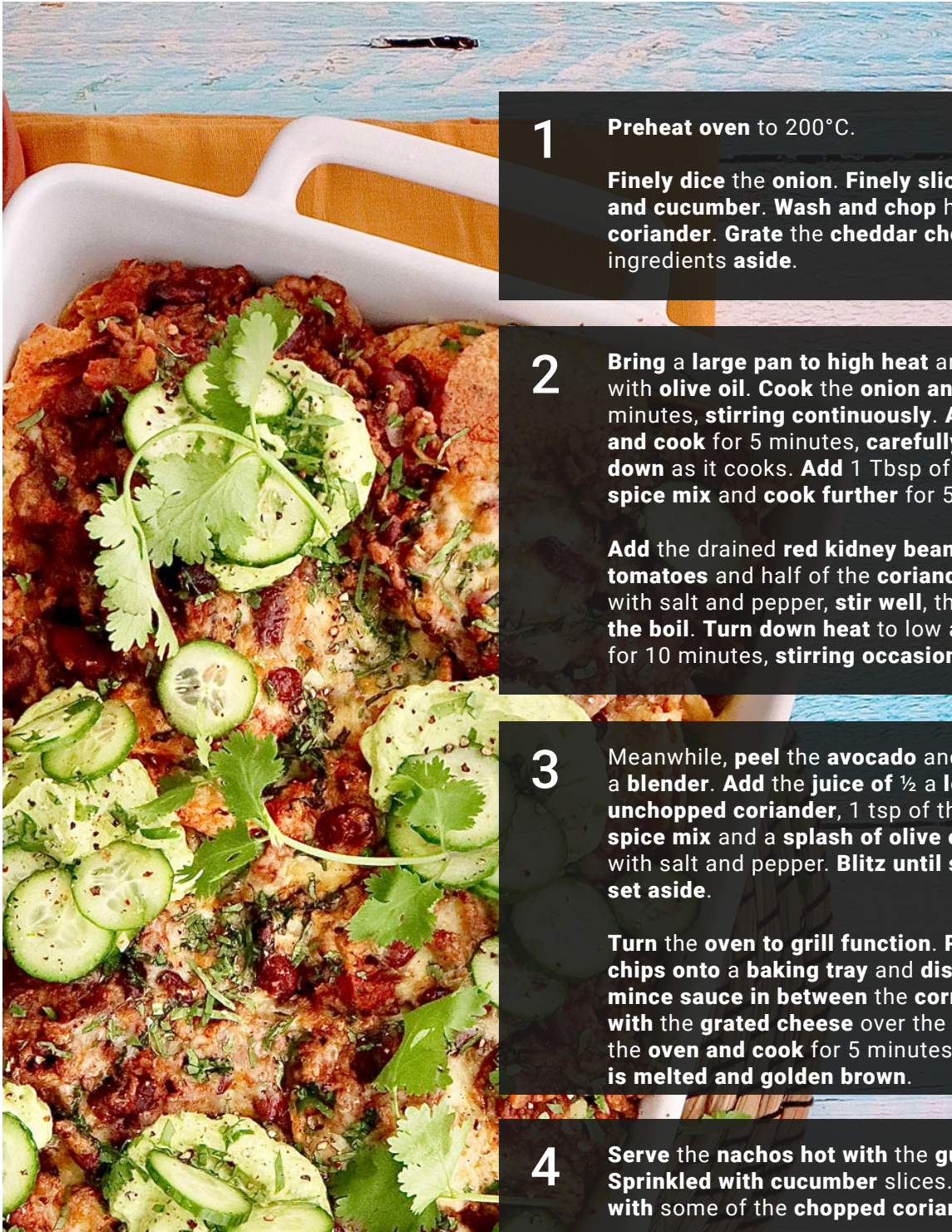
INGREDIENTS:

- > 500g Beef Mince
- > 1 Brown Onion
- > 3 Garlic Cloves
- > 1½ Tbsp Mexican Spice Mix
- > 400g Chopped Tomatoes
- > ½ Coriander Bunch
- > 1 Avocado
- > 300g Corn Chips
- > 200g Cheddar Cheese
- > 1 Cucumber
- > 1 Lemon
- > 400g Red Kidney Beans

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1

Preheat oven to 200°C.

Finely dice the onion. Finely slice the garlic and cucumber. Wash and chop half of the coriander. Grate the cheddar cheese. Set all ingredients aside.

2

Bring a large pan to high heat and drizzle with olive oil. Cook the onion and garlic for 2 minutes, stirring continuously. Add the mince and cook for 5 minutes, carefully breaking down as it cooks. Add 1 Tbsp of the Mexican spice mix and cook further for 5 minutes.

Add the drained red kidney beans, chopped tomatoes and half of the coriander. Season with salt and pepper, stir well, then bring to the boil. Turn down heat to low and simmer for 10 minutes, stirring occasionally.

3

Meanwhile, peel the avocado and place in a blender. Add the juice of ½ a lemon, the unchopped coriander, 1 tsp of the Mexican spice mix and a splash of olive oil. Season with salt and pepper. Blitz until smooth and set aside.

Turn the oven to grill function. Place the corn chips onto a baking tray and distribute the mince sauce in between the corn chips. Top with the grated cheese over the meat. Place in the oven and cook for 5 minutes until cheese is melted and golden brown.

4

Serve the nachos hot with the guacamole. Sprinkled with cucumber slices. Garnished with some of the chopped coriander.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Add chilli or jalapenos for some heat if desired.
- Use the leftover corn chips for a snack with any dip of your preference.
- Use leftover Mexican spice mix on any Latin inspired protein dish.

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



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au



READY TO COOK
BY HARRIS FARM

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

LAMB KOFTAS WITH BROCCOLI, TOMATO SALAD & YOGHURT FETA DRESSING



PREP
15 min



COOK
30 min



SERVES
4

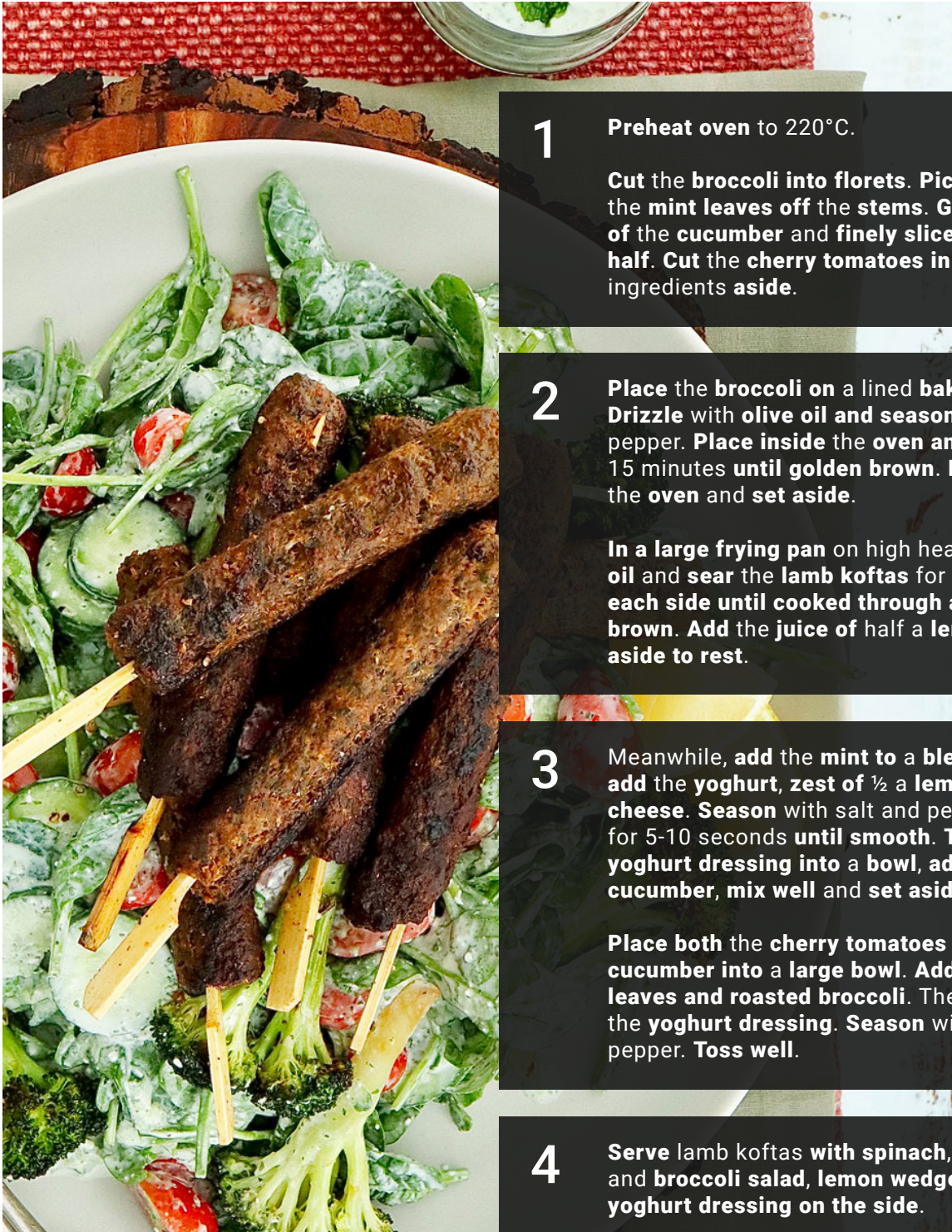
INGREDIENTS:

- > 1 Broccoli Head
- > 200g Greek Style Yoghurt
- > 150g Feta
- > 1 Lebanese Cucumber
- > ½ Mint Bunch
- > ½ Lemon
- > 600g Lamb Koftas
- > 200g Cherry Tomatoes
- > 120g Baby Spinach

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1

Preheat oven to 220°C.

Cut the broccoli into florets. Pick and wash the mint leaves off the stems. Grate half of the cucumber and finely slice the other half. Cut the cherry tomatoes in half. Set all ingredients aside.

2

Place the broccoli on a lined baking tray. Drizzle with olive oil and season with salt and pepper. Place inside the oven and cook for 12-15 minutes until golden brown. Remove from the oven and set aside.

In a large frying pan on high heat, drizzle olive oil and sear the lamb koftas for 2 minutes on each side until cooked through and golden brown. Add the juice of half a lemon and set aside to rest.

3

Meanwhile, add the mint to a blender. Then add the yoghurt, zest of ½ a lemon and feta cheese. Season with salt and pepper and blitz for 5-10 seconds until smooth. Transfer the yoghurt dressing into a bowl, add the grated cucumber, mix well and set aside.

Place both the cherry tomatoes and sliced cucumber into a large bowl. Add the spinach leaves and roasted broccoli. Then add half of the yoghurt dressing. Season with salt and pepper. Toss well.

4

Serve lamb koftas with spinach, tomato and broccoli salad, lemon wedges and extra yoghurt dressing on the side.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover yoghurt as dressing on a curry or for breakfast with some muesli.
- Use leftover feta cheese on a wrap, pasta dish or salad.

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



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au