



READY TO COOK
BY HARRIS FARM

FUSILLI MEATBALLS WITH SAUTÉ SPINACH



PREP
N/A



COOK
15 min



SERVES
4

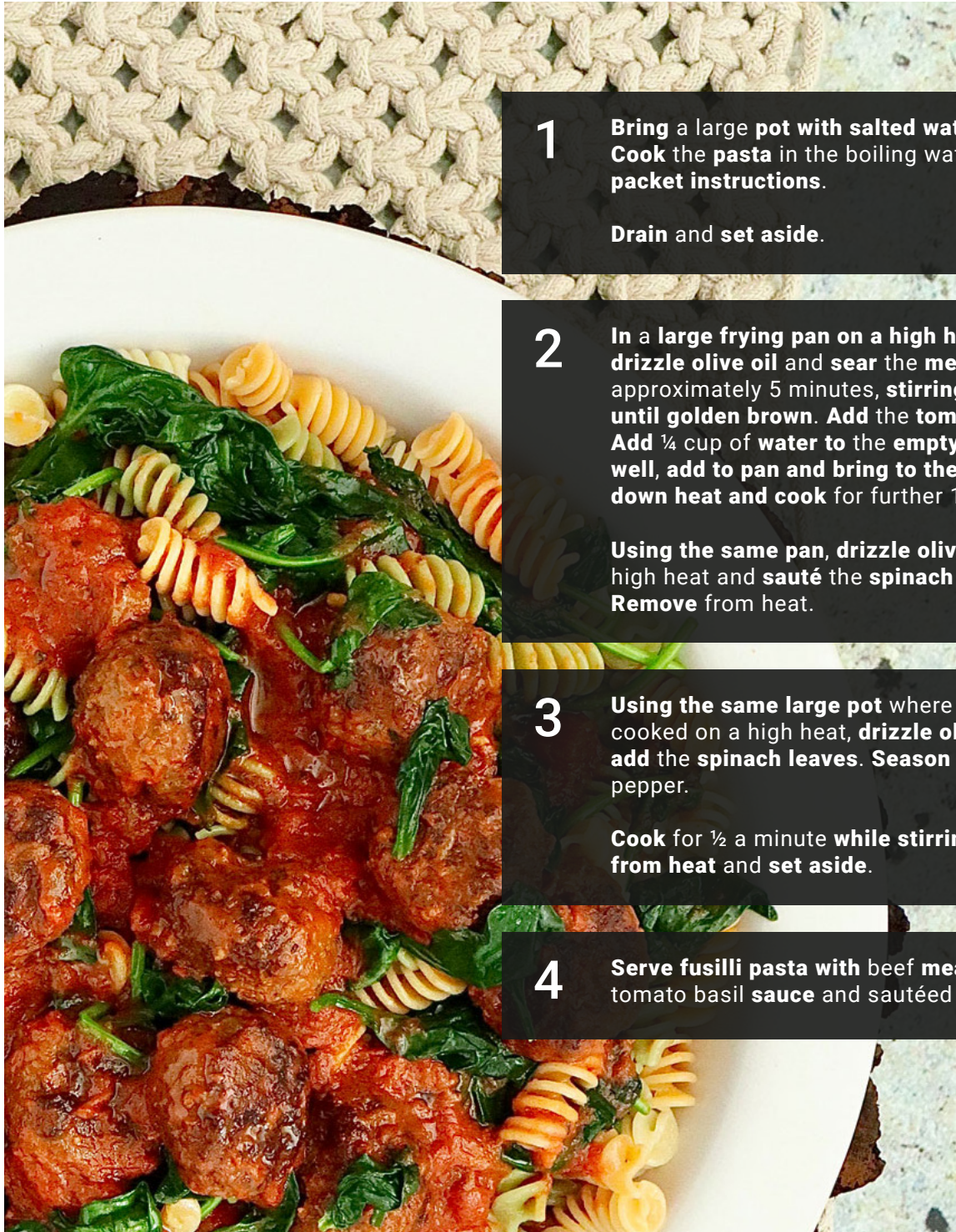
INGREDIENTS:

- > 500g Organic Meatballs
- > 500g Tomato Basil Sauce
- > 500g Organic Fusilli
- > 120g Organic Baby Spinach

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1 Bring a large pot with salted water to the boil. Cook the pasta in the boiling water as per packet instructions.

Drain and set aside.

2 In a large frying pan on a high heat, drizzle olive oil and sear the meatballs for approximately 5 minutes, stirring every minute until golden brown. Add the tomato sauce. Add ¼ cup of water to the empty jar, rinse well, add to pan and bring to the boil. Turn down heat and cook for further 10 minutes.

Using the same pan, drizzle olive oil on a high heat and sauté the spinach ½ a minute. Remove from heat.

3 Using the same large pot where pasta was cooked on a high heat, drizzle olive oil and add the spinach leaves. Season with salt and pepper.

Cook for ½ a minute while stirring. Remove from heat and set aside.

4 Serve fusilli pasta with beef meatballs, tomato basil sauce and sautéed spinach.

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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READY TO COOK
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YELLOW VEGGIE DHAL WITH ZUCCHINI, PUMPKIN AND GREEN BEANS



PREP
15 min



COOK
35 min



SERVES
4

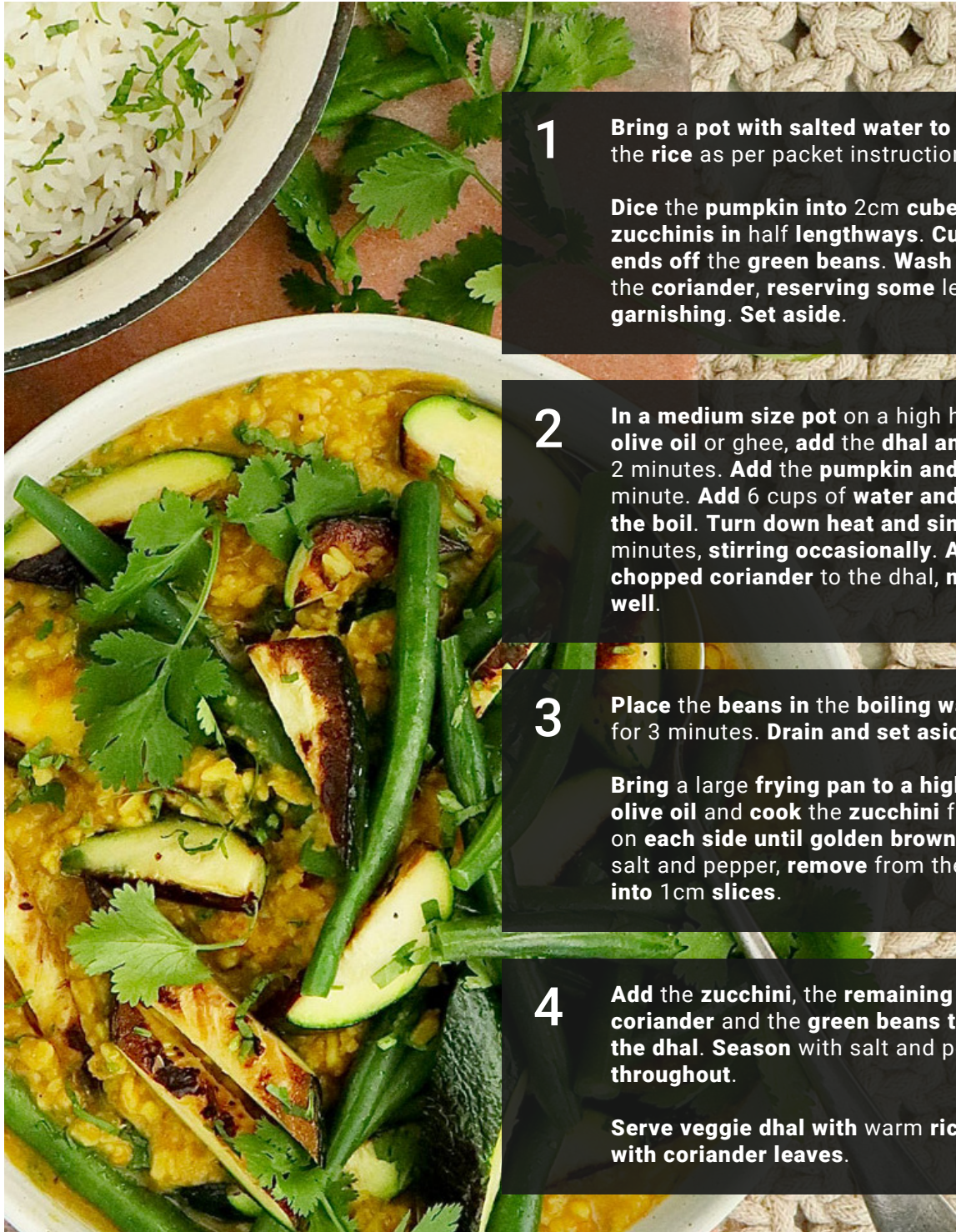
INGREDIENTS:

- > 350g Organic Pumpkin
- > 400g Organic Moong Dhal
- > 250g Organic Green Beans
- > 400g Organic Zucchini
- > ¼ Organic Coriander Bunch
- > 2 Cups Organic Rice

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil or Ghee

METHOD - GET COOKING!



1

Bring a pot with salted water to the boil. Cook the rice as per packet instruction.

Dice the pumpkin into 2cm cubes. Cut the zucchinis in half lengthways. Cut the top ends off the green beans. Wash and chop the coriander, reserving some leaves for garnishing. Set aside.

2

In a medium size pot on a high heat, drizzle olive oil or ghee, add the dhal and cook for 2 minutes. Add the pumpkin and stir for 1 minute. Add 6 cups of water and bring to the boil. Turn down heat and simmer for 20 minutes, stirring occasionally. Add a pinch of chopped coriander to the dhal, mix through well.

3

Place the beans in the boiling water and cook for 3 minutes. Drain and set aside.

Bring a large frying pan to a high heat, drizzle olive oil and cook the zucchini for 2-3 minutes on each side until golden brown. Season with salt and pepper, remove from the pan and cut into 1cm slices.

4

Add the zucchini, the remaining chopped coriander and the green beans to the pot with the dhal. Season with salt and pepper, mix throughout.

Serve veggie dhal with warm rice and garnish with coriander leaves.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

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READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...

DAVE'S RECIPE BOX

ROASTED CHICKEN WITH CRISPY POTATOES, CARROTS, BROCCOLI & VERJUICE GRAVY



PREP
20 min



COOK
1½ hrs



SERVES
4

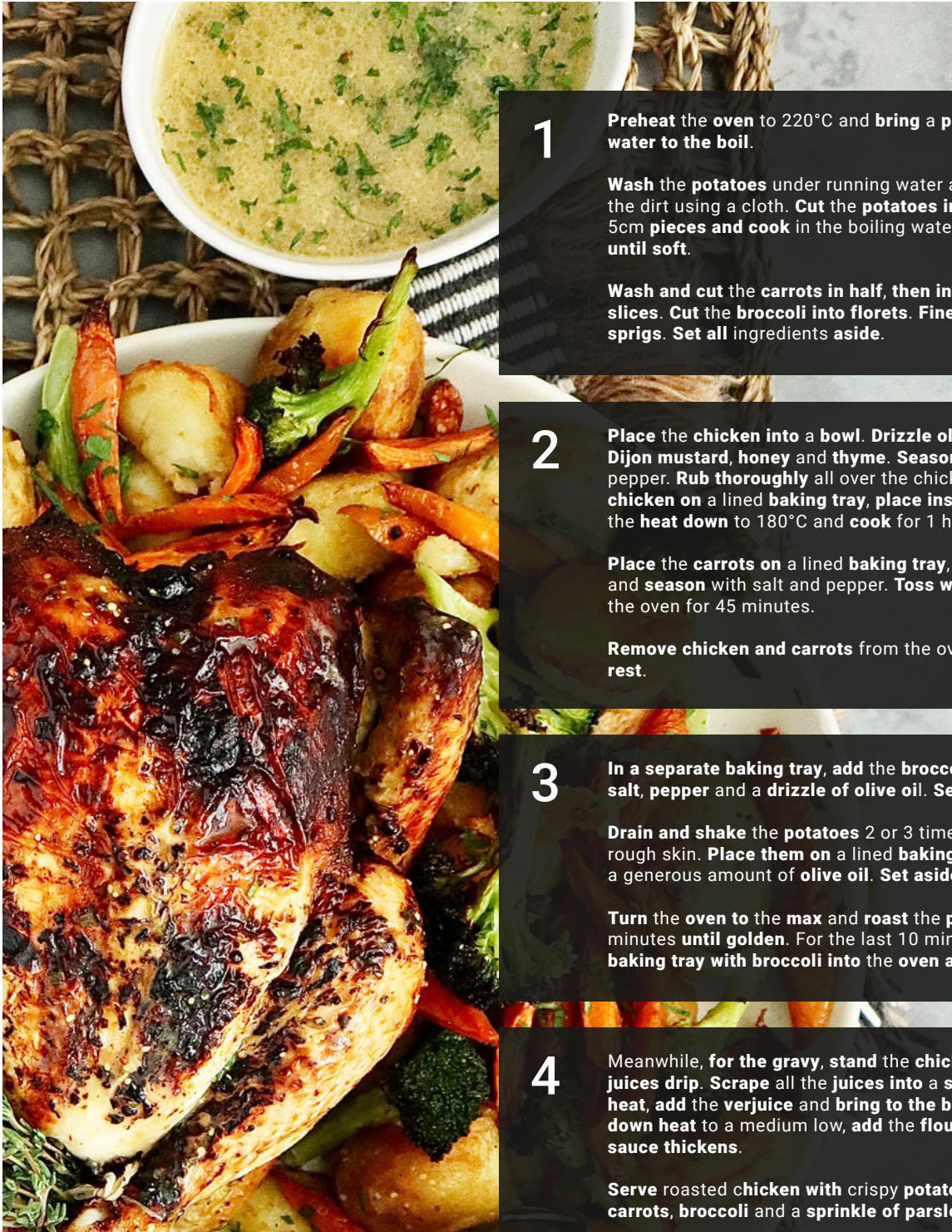
INGREDIENTS:

- > 1kg Potatoes
- > 1.5-1.9kg Whole Chicken
- > 400g Carrots
- > 1 Broccoli Head
- > ¼ Bunch Fresh Thyme

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > ½ Cup Verjuice
- > 1 Tbsp Flour
- > 1 Tbsp Dijon Mustard
- > 1 Tbsp Honey
- > 1 Tbsp Seeded Mustard
- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1

Preheat the oven to 220°C and bring a pot with salted water to the boil.

Wash the potatoes under running water and remove all the dirt using a cloth. **Cut the potatoes into** approximately 5cm **pieces and cook** in the boiling water for 30 minutes **until soft.**

Wash and cut the carrots in half, then into ½ cm diagonal slices. Cut the broccoli into florets. Finely chop 6 thyme sprigs. Set all ingredients aside.

2

Place the chicken into a bowl. Drizzle olive oil. Add the Dijon mustard, honey and thyme. Season with salt and pepper. **Rub thoroughly** all over the chicken. **Place the chicken on a lined baking tray, place inside the oven. Turn the heat down to 180°C and cook** for 1 hour.

Place the carrots on a lined baking tray, drizzle olive oil and season with salt and pepper. **Toss well and cook** in the oven for 45 minutes.

Remove chicken and carrots from the oven and **set to rest.**

3

In a separate baking tray, add the broccoli, season with salt, pepper and a **drizzle of olive oil. Set aside.**

Drain and shake the potatoes 2 or 3 times to create a rough skin. **Place them on a lined baking tray and drizzle** a generous amount of **olive oil. Set aside.**

Turn the oven to the max and roast the potatoes for 20 minutes **until golden.** For the last 10 minutes, **place the baking tray with broccoli into the oven and cook.**

4

Meanwhile, **for the gravy, stand the chicken and let all the juices drip. Scrape** all the juices into a **small pot on a high heat, add the verjuice and bring to the boil.** Then **turn down heat** to a medium low, **add the flour and whisk until sauce thickens.**

Serve roasted **chicken with crispy potatoes, roasted carrots, broccoli and a sprinkle of parsley.**

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

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READY TO COOK
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LAMB CUTLETS WITH MILLET, CUCUMBER AND TOMATO SALAD



PREP
10 min



COOK
20 min



SERVES
4

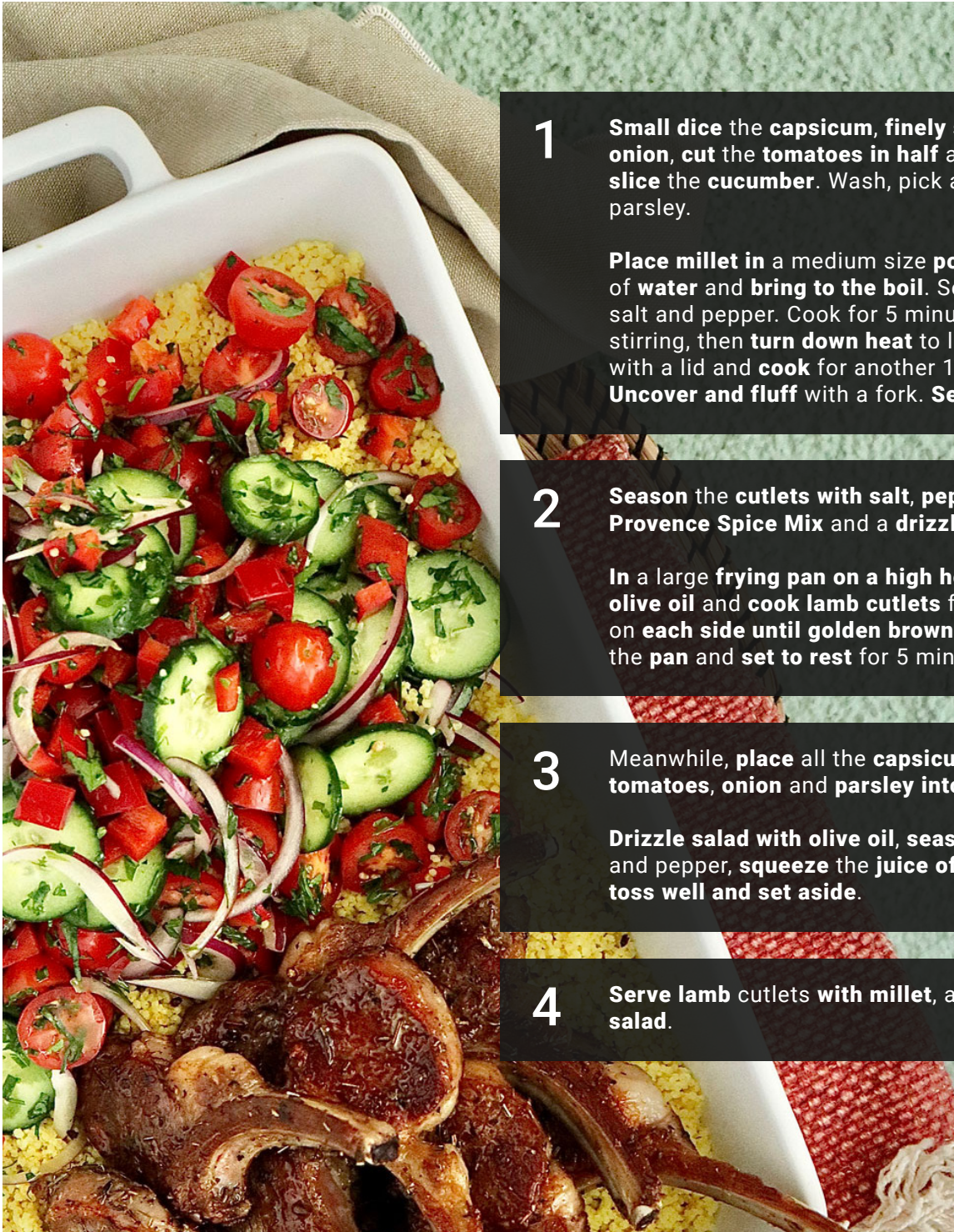
INGREDIENTS:

- > 1 Cup Millet
- > 400-700g Lamb Cutlets
- > 1 Tbsp Herbs De Provence Spice Mix
- > 200g Cherry Tomatoes
- > 1 Lebanese Cucumber
- > ½ Red Onion
- > 1 Parsley Bunch
- > 1 Red Capsicum
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1 **Small dice** the **capsicum**, **finely slice** the **onion**, **cut the tomatoes in half** and **thinly slice** the **cucumber**. Wash, pick and chop the parsley.

Place millet in a medium size **pot with 2 cups of water** and **bring to the boil**. Season with salt and pepper. Cook for 5 minutes while stirring, then **turn down heat** to low, **cover** with a lid and **cook** for another 10-12 minutes. **Uncover and fluff** with a fork. **Set aside**.

2 **Season the cutlets with salt, pepper, Herbs de Provence Spice Mix** and a **drizzle of olive oil**.

In a large frying pan on a high heat, drizzle olive oil and **cook lamb cutlets** for 2-3 minutes on **each side until golden brown**. **Remove from the pan** and **set to rest** for 5 minutes.

3 Meanwhile, **place all the capsicum, cucumber, tomatoes, onion and parsley** into a bowl.

Drizzle salad with olive oil, season with salt and pepper, **squeeze the juice of half a lemon, toss well and set aside**.

4 **Serve lamb cutlets with millet, and cucumber salad**.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover Millet for any type of warm or cold Middle Eastern type salads.
- Use leftover spices on any type of proteins.

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