



READY TO COOK
BY HARRIS FARM

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

PENNE & HOT SMOKED OCEAN TROUT WITH SEASONAL GREENS AND DANISH FETA



PREP
10 min



COOK
20 min



SERVES
4

INGREDIENTS:

- > 1 Broccolini Bunch
- > 1 Asparagus Bunch
- > 2 Tbsp Capers
- > 500g Penne Pasta
- > 300g Smoked Ocean Trout
- > 100g Danish Feta
- > 1 Lemon

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.

Cut the ends off the asparagus and broccolini. Roughly chop the capers. Set all aside.

Remove the skin off the fish and tear into small pieces. Carefully make sure to discard any bones left. Set aside.

2

Place the broccolini into the boiling water and cook for 3 minutes. Add the asparagus to the pot for the last remaining minute. Remove them from the water using a slotted spoon or tongs. Place them into a bowl with icy water to cool down. Drain well and set aside.

Then **slice the broccolini and asparagus into thin disks**, leaving the tips whole.

3

Using the same pot with the boiling water, cook the pasta as per packet instructions. Drain and cool down under running tap water. Set aside.

Place the pasta back into the pot, drizzle olive oil, squeeze the juice of ½ a lemon and mix through.

4

Add the sliced asparagus and broccolini, the chopped capers and the smoked Ocean Trout to the pasta. Season with salt and pepper, sprinkle some of the Danish feta and mix though well.

Serve at room temperature.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftovers Danish feta and capers on a salad, wrap or in another pasta dish.
- Make sure to double check for fish bones while tearing the fish.

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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