



**READY TO COOK**  
BY HARRIS FARM

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

# TOMATO FARRO RISOTTO WITH CHORIZO, EGGPLANT, ARTICHOKES & FENNEL



PREP  
**15 min**



COOK  
**30 min**



SERVES  
**4**

## INGREDIENTS:

- > 220g Chorizo
- > 500ml Chicken Stock
- > ½ Shallots Bunch
- > ½ Parsley Bunch
- > 2 Garlic Cloves
- > 280g Artichokes
- > ½ Fennel
- > 1 Eggplant
- > 1½ Cup Farro
- > 400g Chopped Tomato

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > 1 Tsp Sugar
- > Olive Oil



# METHOD - GET COOKING!



**1** Bring a large pot with salted water to the boil.

Slice the chorizo diagonally into ½ cm slices. Wash and cut the shallots into 3 cm batons. Crush the garlic, slice the fennel into ½ cm slices and cut the eggplant into small dices. Drain the artichokes and cut into halves. Wash and finely chop the parsley.

Set ingredients aside.

**2** Add the farro to the pot with water and cook for 15 minutes, drain it and place it back to the pot. Add the chopped tomatoes, the stock, and the sugar.

Season with salt and pepper and bring to the boil. Cook for 10 minutes stirring occasionally until farro is al dente and has a risotto texture.

**3** In a large casserole dish on a high heat, drizzle a generous amount of olive oil and cook the chorizo for 3 minutes stirring occasionally until golden brown. Remove from the pan and set aside.

In the same pan using the same oils, add the eggplant and cook for 5 minutes while stirring until golden. Remove from the pan and set aside.

Drizzle more olive oil to the same pan and sauté the garlic, fennel, and shallots for 3 minutes. Add the rest of the ingredients back in the casserole dish and season with salt and pepper. Remove from the heat and set aside.

**4** Serve tomato farro risotto warm with chorizo, eggplant, artichokes, and fennel.

Garnished with a sprinkle of parsley on top of the chorizo and vegetables.

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

- Use leftover fennel finely sliced in a fresh salad.
- Use leftover farro as a filling for a wrap or in a roasted vegetable 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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