



**READY TO COOK**  
BY HARRIS FARM

# PUY LENTILS, BROWN RICE & MIX NUTS STUFFED CAPS WITH HUMMUS AND TZATZIKI



PREP  
**15 min**



COOK  
**40 min**



SERVES  
**4**

## INGREDIENTS:

- > 1 Cup Puy Lentils
- > 1½ Cup Brown Rice
- > ½ Bunch Mint
- > ½ Bunch Coriander
- > 1 Brown Onion
- > 2 Garlic Cloves
- > 4 Red Capsicums
- > 1 Lemon
- > 75g Mixed Nuts
- > 225g Turmeric Hummus
- > 200g Tzatziki

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper
- > ½ Tbsp Moroccan Spice Mix
- > Caramelised Balsamic Vinegar

# METHOD – GET COOKING!



1

**Preheat the oven to 220°C. Cook the brown rice in a rice cooker as per packet instructions.**

**Place the lentils into a medium sized pot and fill up  $\frac{3}{4}$  of the way with salted water. Bring to the boil, then turn down heat to medium and simmer for approximately 15-20 minutes until softened. Drain and place back into the pot with a drizzle of olive oil and caramelised balsamic vinegar. Set aside.**

Meanwhile, **wash, pick and finely chop the mint and coriander, reserving some whole leaves for garnishing. Finely dice the onion and chop the garlic.**

2

**Bring a medium sized pan to high heat, drizzle with olive oil, add the garlic and onion. Cook for 2 minutes, stirring regularly, until golden and softened. Turn off the heat and set aside.**

**Cut the tops off the capsicums, then remove the white core and seeds. Spray some olive oil into the cavities. Sprinkle with Moroccan spice mix, salt and pepper. Set aside.**

3

**In a large mixing bowl, add the cooked rice and lentils. Then add the zest and juice of  $\frac{1}{2}$  a lemon, mixed nuts, garlic-onion sofrito, mint and coriander. Season with salt and pepper. Mix thoroughly.**

**Fill each of the capsicums to the brim, cover with the lid on top and place on a lined baking tray.**

**Cook in the oven for 30 minutes.**

4

**Remove the capsicums from the oven.**

**Spread the turmeric hummus on a serving platter. Place the caps on top of the hummus. Remove the lids and drizzle with the Tzatziki yoghurt. Garnish with some fresh coriander and mint leaves.**

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

- You can make the same dish with mince pork, beef or lamb.
- You can serve this dish with babaganoush instead of hummus.
- Add some grilled halloumi cheese to the mix for extra goodness.

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



## FEEDBACK OR QUESTIONS?

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**READY TO COOK**  
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# POTATO & GREEN SICILIAN OLIVE SALAD



PREP  
**15 min**



COOK  
**30 min**



SERVES  
**4-6**

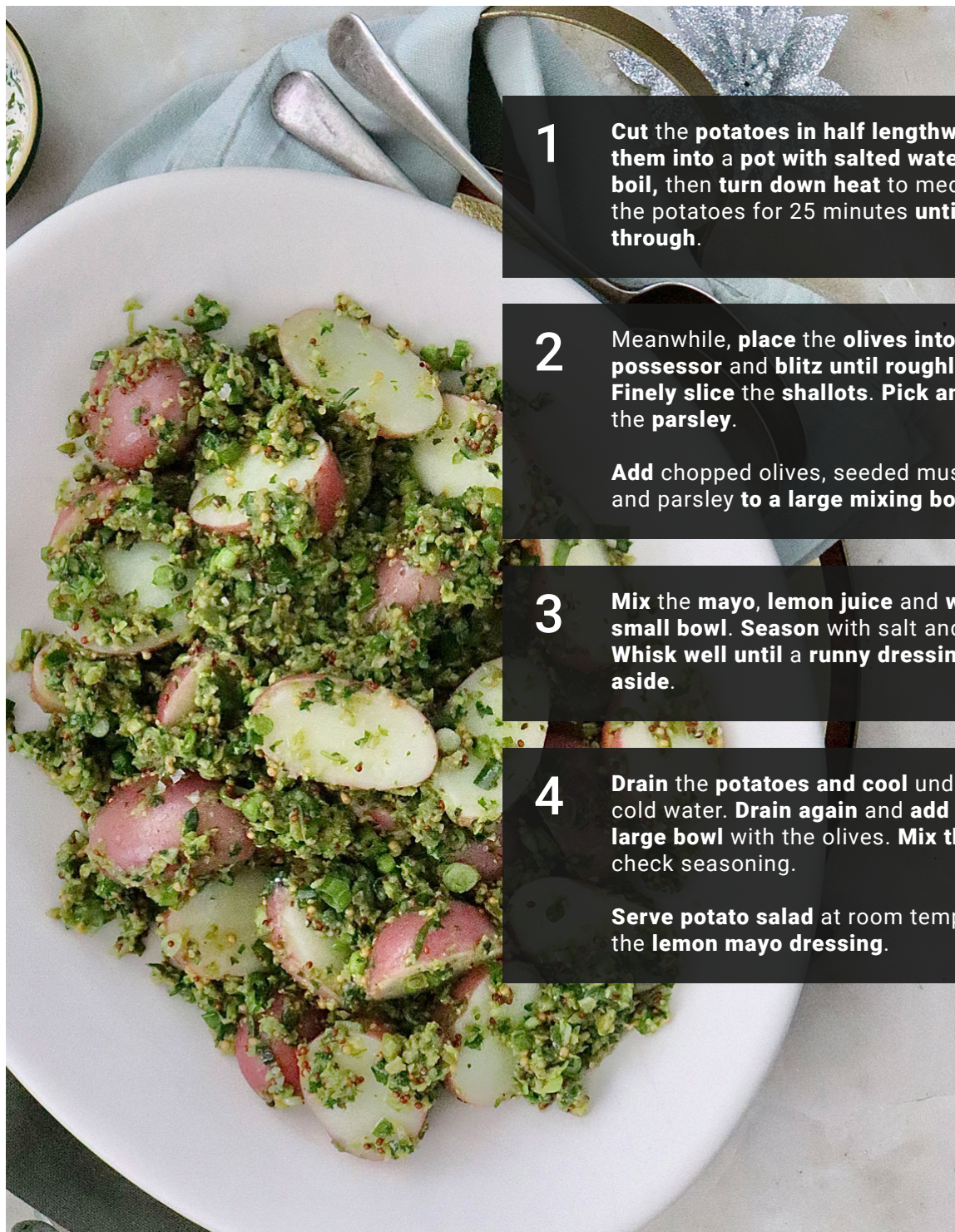
## INGREDIENTS:

- > 1Kg Red Cocktail Potatoes
- > 200g Pitted Sicilian Olives
- > 2 Tbsp Seeded Mustard
- > 1 Bunch Shallots
- > ¼ Bunch Parsley

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper
- > 2 Tbsp Mayonnaise
- > 1 Tbsp Lemon Juice
- > 1 Tbsp Water

# METHOD - GET COOKING!



**1** Cut the **potatoes in half lengthways** and **place them into a pot with salted water**. **Bring to the boil**, then **turn down heat to medium**. **Simmer** the potatoes for 25 minutes **until cooked through**.

**2** Meanwhile, **place the olives into a food processor** and **blitz until roughly chopped**. **Finely slice the shallots**. **Pick and finely chop the parsley**.

**Add** chopped olives, seeded mustard, shallots and parsley **to a large mixing bowl**. **Set aside**.

**3** **Mix the mayo, lemon juice and water in a small bowl**. **Season** with salt and pepper. **Whisk well until a runny dressing forms**. **Set aside**.

**4** **Drain the potatoes and cool** under running cold water. **Drain again and add them to the large bowl** with the olives. **Mix through** and check seasoning.

**Serve potato salad** at room temperature **with the lemon mayo dressing**.

## 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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# PLANT BASED CHRISTMAS TRIFLE



PREP  
**20 min**



COOK  
**N/A**



SERVES  
**4**

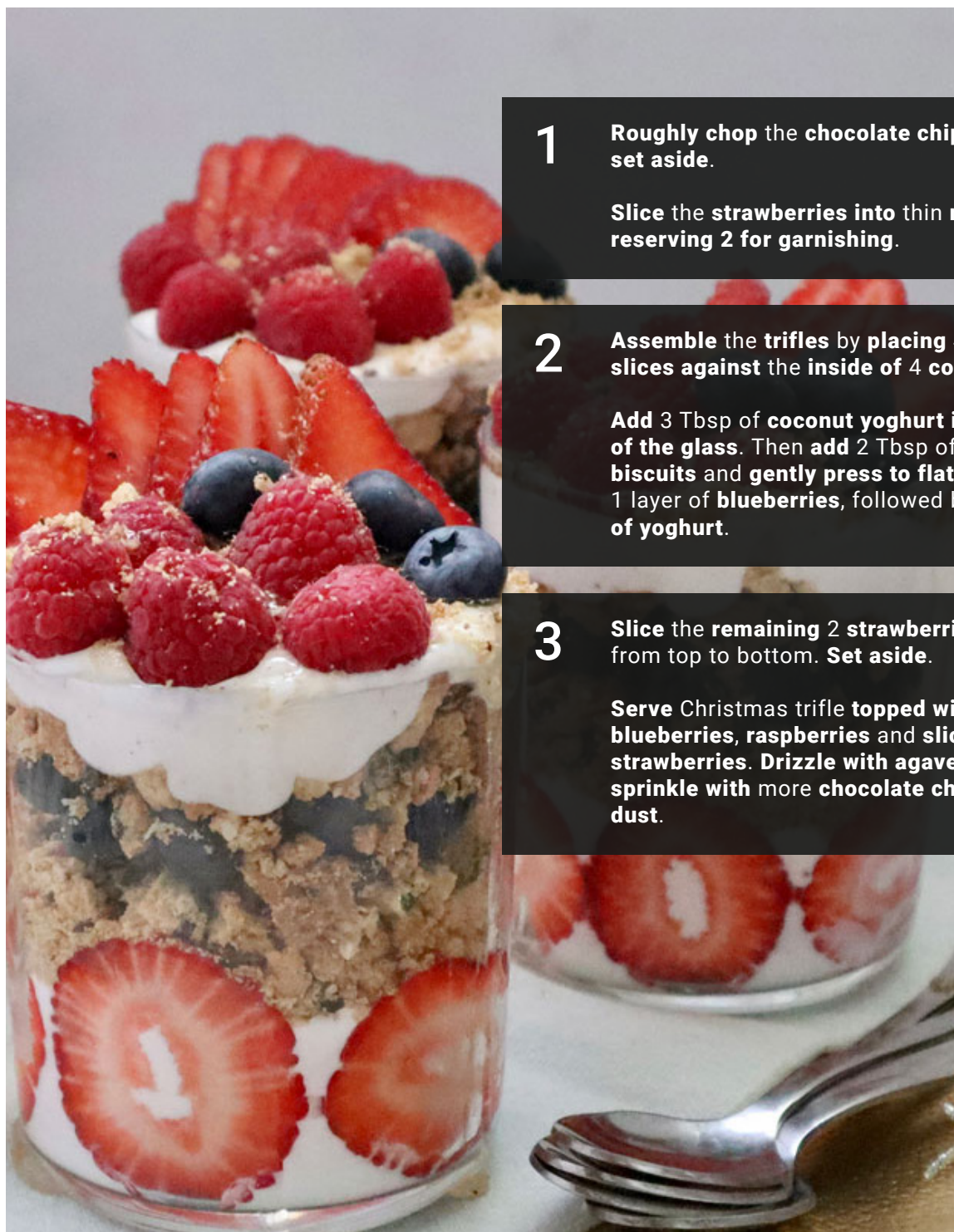
## INGREDIENTS:

- > 250g Blueberries
- > 125g Raspberries
- > 250g Strawberries
- > 250g Vegan Chocolate Chip Cookies
- > 700g Coconut Milk Natural Yoghurt

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 4 Tbsp Agave Syrup or Nectar

# METHOD - GET COOKING!



**1** Roughly chop the **chocolate chip cookies** and set aside.

Slice the **strawberries** into thin **round slices**, reserving 2 for garnishing.

**2** Assemble the **trifles** by placing 4-5 **strawberry slices** against the **inside of 4 cocktail glasses**.

Add 3 Tbsp of **coconut yoghurt** in the **middle of the glass**. Then add 2 Tbsp of **chopped biscuits** and **gently press to flatten**. Then add 1 layer of **blueberries**, followed by a **final layer of yoghurt**.

**3** Slice the **remaining 2 strawberries** vertically from top to bottom. **Set aside**.

**Serve** Christmas trifle **topped with** fresh **blueberries, raspberries** and **sliced strawberries**. **Drizzle with agave syrup** and **sprinkle with** more **chocolate chip cookie dust**.

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

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