



READY TO COOK
BY HARRIS FARM

STICKY ORANGE BAKED SALMON WITH ASPARAGUS



PREP
15 min



COOK
15 min



SERVES
4

INGREDIENTS:

- > 1 Salmon Side
- > 2 Garlic Cloves
- > 200g Orange Marmalade
- > 2 Oranges
- > 1 Lemon
- > ¼ Bunch Chives
- > 2 Bunches Asparagus

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1 Preheat oven to 220°C. Then **bring** a medium sized **pot with salted water to the boil**.

Pat dry salmon with paper towel and **season** with salt and pepper. **Place on a lined baking tray, skin side down**.

Finely slice garlic cloves and set aside.

2 Add **orange marmalade, juice of 1 orange and zest of ½ a lemon into a bowl. Mix with a whisk**.

Spoon the marmalade mix over the salmon and sprinkle the garlic slices on top, gently press the garlic to coat with the marinade.

Cook salmon in the oven for 13 minutes. Set the oven to the grill function and cook further for 1-2 minutes until the sauce has thickened and caramelised.

3 Meanwhile, **finely slice the chives and set aside. Cut the bottom ends off the asparagus. Peel the orange, making sure there is no white membrane left, then slice into ½ cm disks**.

Cook the asparagus in boiling water for 2-3 minutes depending on the thickness. Remove and place in a bowl. Drizzle with olive oil and season with salt and pepper, then set aside.

4 Remove salmon and carefully **place on a long platter. Arrange the orange slices on top then drizzle with the syrup from the baking tray**.

Serve orange salmon garnished with chives and orange disks. Drizzle with olive oil and the juice of ½ a lemon.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use two spatulas to manoeuvre the salmon from the baking platter to the tray

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



FEEDBACK OR QUESTIONS?

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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.

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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

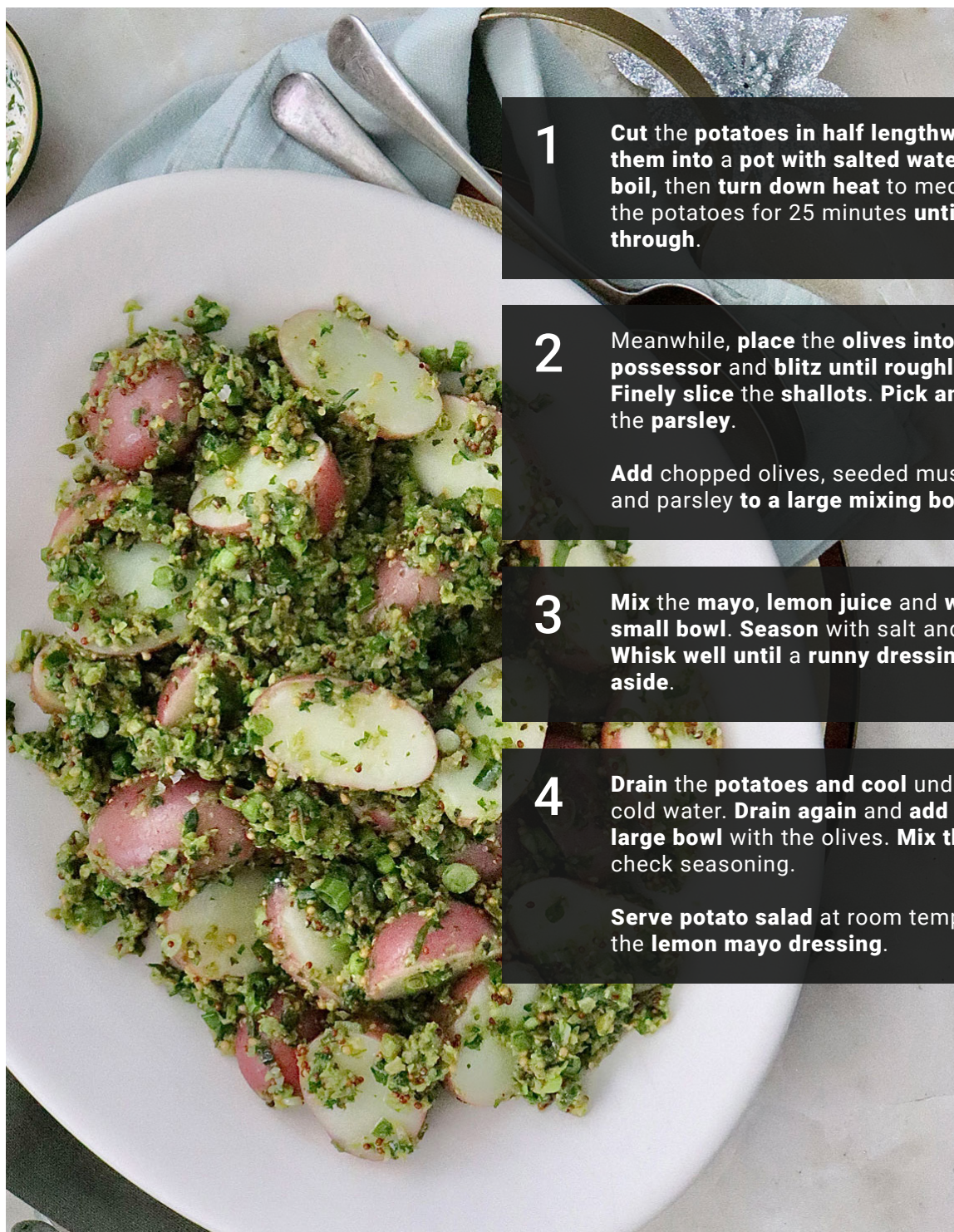
INGREDIENTS:

- > 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!

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READY TO COOK
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SUMMER FRUITS PAVLOVA WITH PASSION FRUIT YOGHURT AND CREAM



PREP
15 min



COOK
10 min

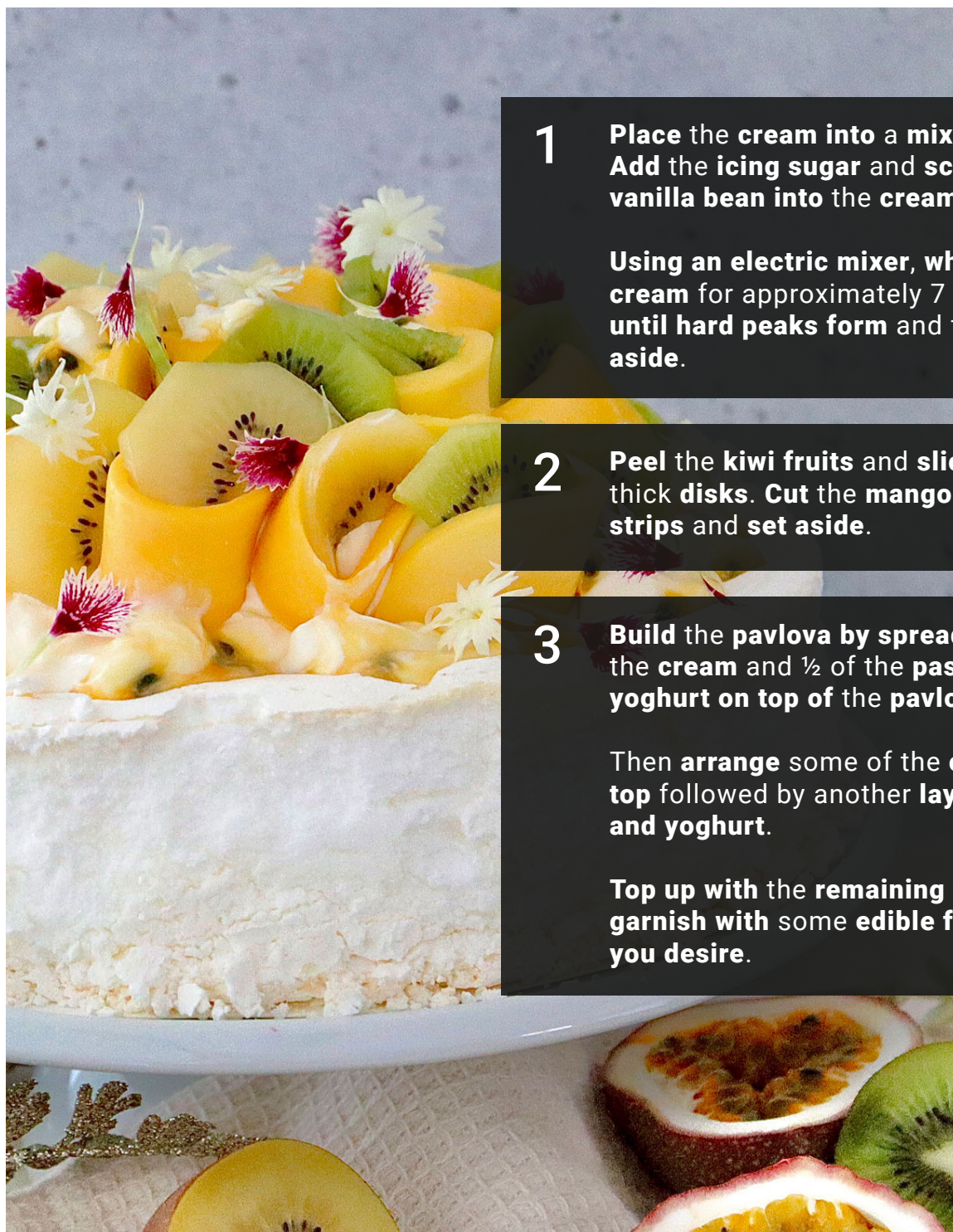


SERVES
12

INGREDIENTS:

- > Summer Fruits (Kiwis, Mangoes, Stone Fruits)
- > 170g Passion Fruit Pulp
- > 500g Pavlova Base
- > 350g Passion Fruit Yoghurt
- > 600ml Thickened Cream
- > 1 Vanilla Pod
- > 1 Tbsp Icing Sugar

METHOD – GET COOKING!



1 Place the **cream** into a **mixing bowl**. Add the **icing sugar** and **scrape** the **vanilla bean** into the **cream**.

Using an **electric mixer**, **whisk** the **cream** for approximately 7 minutes **until hard peaks form** and then **set aside**.

2 Peel the **kiwi fruits** and **slice into** $\frac{1}{2}$ cm thick **disks**. **Cut** the **mango** into thin **strips** and **set aside**.

3 Build the **pavlova** by **spreading** $\frac{1}{2}$ of the **cream** and $\frac{1}{2}$ of the **passion fruit yoghurt** on top of the **pavlova**.

Then **arrange** some of the **cut fruits** on **top** followed by another **layer of cream and yoghurt**.

Top up with the **remaining fruits** and **garnish** with some **edible flowers** if you **desire**.



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