



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 yogurt. 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>



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READY TO COOK
BY HARRIS FARM

POTATO & GREEN SICILIAN OLIVE SALAD



PREP
15 min



COOK
30 min



SERVES
4-6

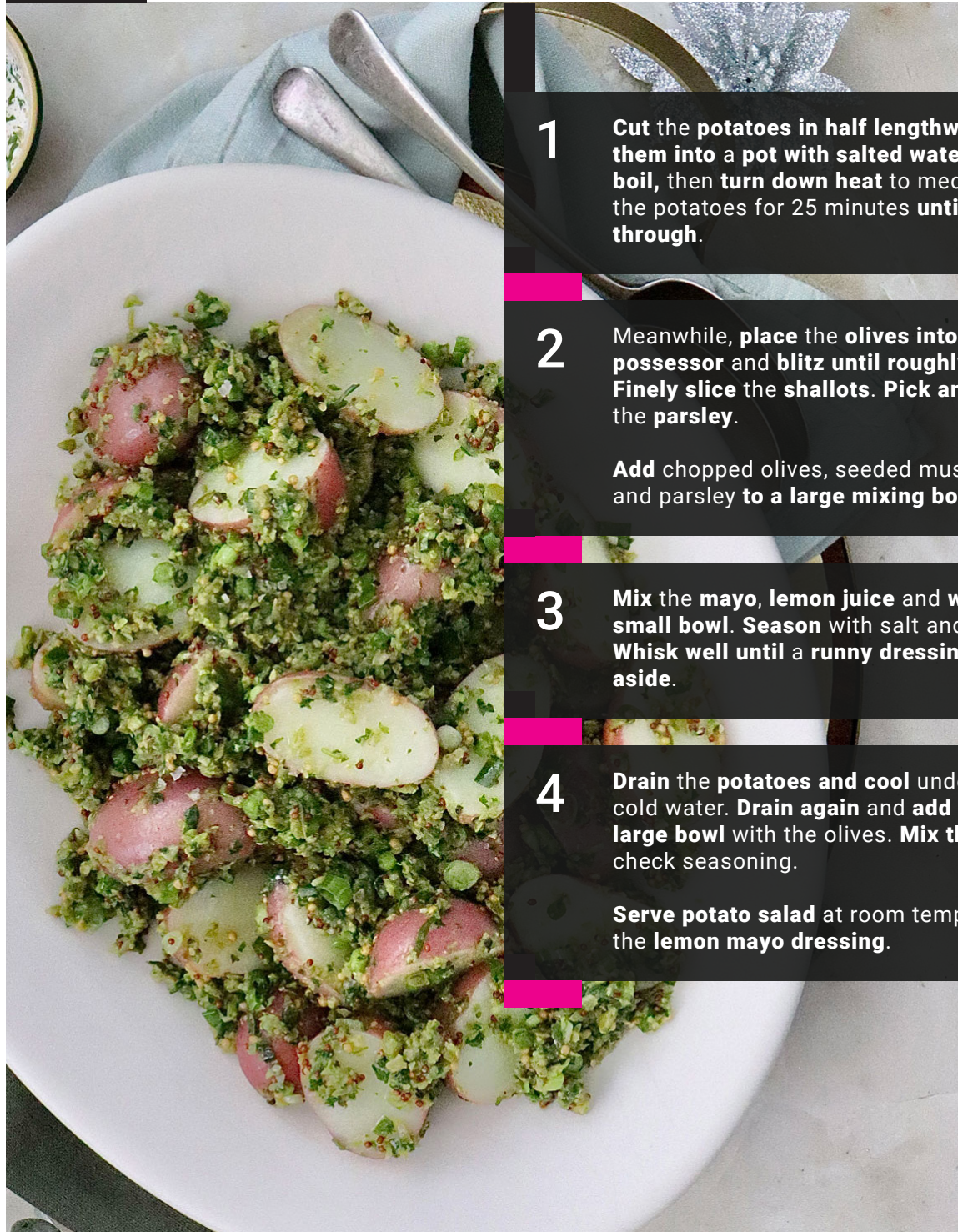
INGREDIENTS:

- > 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
BY HARRIS FARM

ROASTED PUMPKIN, WILD RICE, FARRO AND POMEGRANATE SALAD



PREP
15 min



COOK
40 min



SERVES
4-6

INGREDIENTS:

- > ¼ Pumpkin
- > 1 Cup Farro
- > 150g Wild Rice
- > 1 Pomegranate
- > 100g Danish Feta
- > 120g Baby Spinach

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive Oil
- > Salt and Pepper
- > Caramelised Balsamic

METHOD - GET COOKING!



1

Preheat oven to 220°C.

Cut the skin off the pumpkin and remove seeds. Cut in half lengthways, then **into 2cm thick wedges**.

Place wedges on a lined baking tray, drizzle with olive oil and season with salt and pepper. **Toss well and cook in the oven** for 35 minutes **until soft and golden brown**.

Cook the farro and wild rice separately as per packet instructions.

2

Cut the pomegranate in half. Hold half over a bowl with the seeds facing down and **tap skin with a spoon** so the seeds fall out. **Repeat until all the seeds are in bowl** and **set aside**.

Tear the feta into small pieces and **set aside**.

3

Remove the cooked farro and wild rice from the pot, **fluff with a fork** and **set aside to cool** at room temperature.

Drizzle with olive oil, caramelised balsamic vinegar and **season** with salt and pepper, then **mix and set aside**.

4

Build the salad by layering a dish with **spinach, farro, wild rice, pumpkin, feta cheese** and **pomegranate seeds**. **Serve with a drizzle of olive oil** and **caramelised balsamic**.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Fluffing the farro and rice allows them to release steam.

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READY TO COOK
BY HARRIS FARM

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 yogurt** 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 yogurt**.

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...

- There won't be any leftovers this time!

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