



PASTA
EVANGELISTS

This menu is made from 100% vegetarian ingredients

**New to
Pasta Evangelists?**

Look out for the coloured
dots on the items we've sent
you. Match items of the same
colour together to create
each dish

THIS WEEK'S MENU

FROM 24TH - 30TH AUGUST

SHARE YOUR PASTA CREATIONS WITH   #PASTAEVANGELISTS

INTRODUCING:

Cocktail of the Week

Expertly mixed in Milano by our amici at NIO cocktails.
Available now at pastaevangelists.com

*Milano
Torino*



Margarita



Cosmopolitan

This Week's Menu

MEAT PASTA

- "Carbonara of Dreams" with Fresh Bucatini & Crispy Pancetta ●
- Mafalde with Beef Shin & Barolo Wine Ragù ●
- Fettuccine with 'Nduja Sausage, Amalfi Lemon and Mascarpone ●
- Malloreddus with Sausage Ragù from Sardinia ●

SEAFOOD PASTA

- Lobster, Crab & Prawn Tortelloni with a Sage Butter Sauce ●

VEGETARIAN PASTA

- Pappardelle with a Wild Mushroom Sauce ○

OTHER PASTA

- Amalfi Lemon & Mozzarella Ravioli with Sage Butter ●
- Rigatoni alla Norma with Ricotta Salata ●
- Summer Truffle Triangoli with Truffle Butter & Hazelnuts ●

GLUTEN FREE VEGAN PASTA

- Conchiglie alla Puttanesca from Napoli ●



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Get £5 off your next order with our refer a friend scheme. And as sharing is caring, your friend will get 25% off too. Visit pastaevangelists.com/refer to earn rewards now.

Keep chilled and consume on day of delivery or on the day after delivery.

Alternatively, FREEZE as follows: Pasta, lasagne and sauces can be frozen (below -18 °C) on day of delivery and be kept for up to 1 month in the freezer. Pasta should be cooked directly from frozen. When cooking from frozen, cook the pasta for an additional minute. Sauces and oven pasta dishes need to be defrosted overnight before cooking. Double portions are twice as large. This food has been prepared in a kitchen that also prepares gluten, peanuts, nuts, sesame, crustaceans, fish, egg, milk, soya, celery, mustard, lupin, sulphites, and therefore may contain traces of these.

Please note: our photography is for illustrative purposes only & may not necessarily reflect the finished dish.

Match all
items with
a yellow
sticker



Pinot Grigio

Suggested Wine Pairing:

Pair a crisp Pinot Grigio with our creamy carbonara. The bright, acidic characteristic of this wine will cut through the richness of the sauce whilst complementing the smokiness of the pancetta.

“CARBONARA OF DREAMS” WITH FRESH BUCATINI & CRISPY PANCETTA

ABOUT THE DISH

Now very much a favourite amongst the Pasta Evangelists community – and something of a signature dish – this hedonistic Roman classic is thought to have its name derived from when charcoal burners were used to cook the dish over campfires. In true Pasta Evangelists style, we’ve added our own twist to this classic, comforting dish, presenting a gloriously creamy carbonara with tangles of fresh bucatini – in our opinion bigger and better than spaghetti – which sop up this luxuriant sauce. Bucatini are widely enjoyed throughout Lazio, the region that is home to Rome, but particularly in the capital.

Although not entirely traditional, we use pancetta in our carbonara sauce because it imparts a deep, salty intensity that pairs with the richness of the egg yolk and cream. We finish our carbonara with freshly ground black pepper and generous shavings of Italian cheese. The wonderfully golden hue of our sauce is the product of the quality egg yolks we source for our Carbonara. Be transported to the ‘Eternal City’ by this classic dish with a distinctively premium twist.

Note: Please consume or freeze our pasta and sauces within 2 days of delivery.

METHOD

Note: Before transferring to the pan, untangle any strands of pasta that might be stuck together.

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for 3-4 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, pan-fry the pancetta on a medium-high heat. Once crispy, turn the heat to low and let the pan rest for a minute before adding the sauce. Once added, cover with a lid and heat until steaming. When the sauce is steaming, turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Bucatini (165g):

Durum **WHEAT** Semola, **WHEAT** Flour, **EGG**, Rice Flour

Carbonara (125g):

Cream (**MILK**), Italian Grated Cheese (**MILK**, Salt, Rennet), **EGG** Yolk (18%), Water, Black Pepper

Pancetta (35g):

Pork, Salt, Dextrose, Spices and Flavoursings, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite

Italian Grated Cheese (8g):

MILK, Salt, Rennet (Microbial Coagulant), **EGG** Lysozyme

NUTRITION

per 100g

CALORIES PER SERVING: **916kcal**

Energy	1146kJ
Calories	225kcal
Fat	13.5g
Of which saturates	6.3g
Carbohydrates	24.8g
Of which sugars	1.1g
Protein	13.1g
Salt	1.6g

MAFALDE WITH BEEF SHIN & BAROLO WINE RAGÙ

ABOUT THE DISH

We have selected a fabulously rich and aromatic Barolo, the ‘king of wines’, to add incredible depth and flavour to this ragù. A powerful and tannic wine, Barolo needs to be matched with similarly bold foods. Our beef and Barolo ragù gently simmers for hours until reaching a consistency so silky that it falls off the bone and becomes the glorious focal point of this rich and intensely meaty ragù. This sauce pairs perfectly with wonderful ribbons of mafalde pasta, which are the ideal size – and shape – to catch the sauce.

Mafalde, also known as “reginette” (Italian for “little queens”) are an alluring, ribbon-shaped pasta with beautiful wavy edges and a striking appearance. In 1995, the Italian government commemorated the Princess Mafalda of Savoy with a limited edition stamp. Princess Mafalda died during the Second World War, whilst detained in a German concentration camp. The mafalde pasta is said to evoke the princess’ curls. This wasn’t the first time Princess Mafalda’s life had been marked by tragedy: the SS Principessa Mafalda Italian transatlantic ocean liner was named after her. This was one of the most luxurious ships at the time. Unfortunately, it sank off the coast of Brazil in 1927.

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METHOD

Note: Before transferring to the pan, untangle any strands of pasta that might be stuck together.

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for around 3 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a large pan and add 1tbsp (15ml) of the boiling cooking water. Gently heat until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Mafalde (165g):
Durum **WHEAT** Semola, **WHEAT** Flour, **EGG**, Rice Flour

Beef & Barolo Ragù (160g):
Beef Shin (Origin: Republic of Ireland) (37%), Onion, Barolo Wine (**SULPHITES**), Beef Stock (contains **CELERY** seeds), Carrot, Olive Oil, **CELERY**, Tomato Puree, Garlic, Salt, Black Pepper, Bay Leaf

Italian Grated Cheese (8g):
MILK, Salt, Rennet (Microbial Coagulant), **EGG** Lysozyme

NUTRITION per 100g

CALORIES PER SERVING: 739kcal


Energy	926kJ
Calories	222kcal
Fat	6.5g
Of which saturates	2.0g
Carbohydrates	26.3g
Of which sugars	2.2g
Protein	12.6g
Salt	1.3g

Match all
items with a
pink
sticker

Barolo

Suggested Wine Pairing:

Barolo is a natural match for a bold beef dish. We also use Barolo in the sauce, reinforcing the pairing. The full-bodied nature of Barolo, along with the moderate tannins, will complement the strong flavours in our delicious beef shin ragù.



Match all
items with
an orange
sticker

Suggested Wine Pairing:

Sangiovese is a medium to full-bodied wine, with medium tannins that will match the spiciness of the 'nduja. Sangiovese is also moderately acidic, which will help to cut through the richness of the mascarpone and complement the acidity of the lemon.

Sangiovese

FETTUCCINE WITH ‘NDUJA SAUSAGE, AMALFI LEMON AND MASCARPONE

ABOUT THE DISH

This sauce, although not strictly traditional, combines the classic ingredients of several regions of Italy: Calabria and Campania in the south and Lombardia in the north. Calabrian ‘nduja sausage, citrus celebrated in Campania, and mascarpone originating in Lombardia come together in this irresistible dish. The spicy and soft ‘nduja sausage forms the perfect base for this sauce, whilst the generous quotient of lemon juice evokes sunny Amalfi in Campania, adding zesty brightness to complement the hot richness of the ‘nduja. In stirring through a few spoonfuls of mascarpone, our chefs also temper the heat of the chilli-flecked ‘nduja and add a sumptuous richness. And whilst you may be most familiar with mascarpone from its appearance in the classic tiramisu, we promise it is also found in savoury dishes, and has transcended its local origins in Lombardia and ensconced itself in the gastronomic heart of all Italy.

We selected fettuccine to pair with this dish as meat sauces are traditionally served with long strand pasta. This sauce, with the warmth of the ‘nduja complemented by the acidity of the lemon and the creaminess of the mascarpone, is designed to cling to long strands of fettuccine. We top this dish, as we do many of our other dishes, with a dusting of finely grated Italian cheese. We hope you, too, just like us, will find the fusion of these three regions an enticing proposition...

Note: Please consume or freeze our pasta and sauces within 2 days of delivery.

METHOD

Note: Before transferring to the pan, untangle any strands of pasta that might be stuck together.

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for around 2-3 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a large pan and add 1tbsp (15ml) of the boiling cooking water. Gently heat until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Fettuccine (165g):

Durum **WHEAT** Semola, **WHEAT** Flour, **EGG**, Rice Flour

‘Nduja Sausage, Lemon & Mascarpone Sauce (160g):

Tomato, Pork Sausage (Pork (42%, Origin UK), White Wine (**SULPHITES**), Salt, Garlic, Black Pepper), ‘Nduja (Pork, Chili Pepper, Salt), Mascarpone Cheese (**MILK**), Water, Onion, Carrot, Red Wine (**SULPHITES**), Extra Virgin Olive Oil, Sugar, Chicken Stock (contains **CELERY** seeds), Lemon Juice, Rosemary, Garlic, Salt, Bay Leaf, Black Pepper

Italian Grated Cheese (8g):

MILK, Salt, Rennet (Microbial Coagulant), **EGG** Lysozyme

NUTRITION	per 100g
CALORIES PER SERVING: 619kcal	
Energy	778kJ
Calories	186kcal
Fat	4.9g
Of which saturates	1.7g
Carbohydrates	26.4g
Of which sugars	2.2g
Protein	8.4g
Salt	0.6g

MALLOREDDUS WITH SAUSAGE RAGÙ FROM SARDINIA

ABOUT THE DISH

Malloreddus, also known as ‘gnocchetti sardi’ (‘small gnocchi from Sardinia’), hail from the Italian island of Sardegna where they have been made for special occasions for centuries. The diminutive of ‘malloru’ (‘bull’ in Sardinian dialect), ‘malloreddus’ means ‘fat little calves’. As tradition dictates, on the night of her wedding, a Sardinian bride will parade through town wearing silver jewellery with a large basket of malloreddus that she has made by hand. She is closely followed by her family until she reaches the doorstep of her betrothed, who scares off her entourage with rifle shots. The bride then enters, eating her malloreddus from the same plate as her new husband thus signalling the start of a happy and long-lasting marriage.

Those who hand-craft these little pearls of Sardinian cuisine follow a traditional process that involves cutting the pasta dough into cubes and pressing them against a ciuliri (a sieve or riddle traditionally made of straw). This is what creates their distinctive ridged conch-shaped form. Whilst they lend themselves to a variety of sauces, in true Sardinian fashion, we’ve paired our malloreddus with campidanese sauce, a traditional Sardinian ragù made with sausage, tomatoes and fennel seeds.

Note: Please consume or freeze our pasta and sauces within 2 days of delivery.

METHOD

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for 3 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a large pan and add 1tbsp (15ml) of the boiling cooking water. Gently heat until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Finally, plate and garnish with the Italian cheese. Buon appetito.

INGREDIENTS (Allergens in BOLD & CAPITALISED)

Malloreddus (165g):

Durum **WHEAT** Semola, **WHEAT** Flour, **EGG**, Rice Flour

Sausage Ragù (160g):

Passata, Pork Sausage (Pork (42%, Origin UK), White Wine (**SULPHITES**), Salt, Garlic, Black Pepper), Onion, Extra Virgin Olive Oil, Fennel Seeds, Salt, Black Pepper

Italian Grated Cheese (8g):

MILK, Salt, Rennet (Microbial Coagulant), **EGG** Lysozyme

NUTRITION

per 100g

CALORIES PER SERVING: 902kcal

Energy	1054kJ
Calories	252kcal
Fat	11.6g
Of which saturates	3.8g
Carbohydrates	25.8g
Of which sugars	1.0g
Protein	10.8g
Salt	1.4g



Match all
items with
a red
sticker

Suggested Wine Pairing:

The characteristic herbal, licorice, and dark red fruit notes of Barbera make it a natural pairing for a sausage sauce with fennel seeds. The medium tannins and high acidity will also complement this dish.

Barbera
d'Alba



Match all
items with
a blue
sticker

Suggested Wine Pairing:

A bright, dry rosé pairs well with the seafood filling of this pasta. Citrus, berry, and herb notes complement the filling and sage butter sauce, whilst acidity helps to cut through their richness. Serve this wine cold.

Provence
Rosé

LOBSTER, CRAB & PRAWN TORTELLONI WITH A SAGE BUTTER SAUCE

ABOUT THE DISH

Those lucky enough to have driven along the Italian coastline will be familiar with the small, family-run restaurants that appear on the horizon. As one draws closer, one cannot help but marvel at how beautiful their pale blue facades look against the sun: a sort of seaside fairy tale.

But it's the waft of fresh seafood cooking in the kitchens of these little, family-run establishments that is most captivating. From aragosta - lobster in Italian - to the most beautiful crab & prawn, these little coastline eating spots typically source freshly-caught seafood directly from nearby fishermen in the morning, giving them time to prepare the catch and create simple but sublime dishes in time for hungry drivers to feast upon as lunchtime arrives.

In this dish, we've looked to this wonderfully idyllic scene of the Italian coastline for inspiration, choosing to serve this week's tortelloni with mouthwatering lobster, prawn & succulent crab meat. To accentuate the flavour of - and indeed do justice to - these ingredients, we dress the tortelloni in a simple, but beautiful, butter infused with sage (a fabulous pairing for seafood). To finish, we garnish with a little asparagi di mare (the Italians gorgeously, even poetically, refer to samphire as 'asparagus of the sea'). This final flourish adds a final whisper of the Italian seaside - and at its most beautiful.

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METHOD

Note: Because our pasta is a fresh, artisan product, some pieces may have slightly cracked and split. Not to worry, however: they'll be just as delicious and will infuse well with the butter.

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for around 3 minutes.
3. Whilst the pasta cooks, put the butter and samphire in a pan, cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Lift the pasta out of the water and transfer to the sage butter. Toss gently to coat.
5. Finally, plate and enjoy. Buon appetito.

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Lobster, Crab & Prawn Tortelloni (200g):

Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour "00", **EGGS** (24%), Water), Filling (Mascarpone Cheese (Pasteurised Cow **MILK**, Cream (**MILK**), Salt, Acidity Regulator; Lactic Acid), Prawns (**CRUSTACEAN**), Crab Meat (**CRUSTACEAN**), Lobster (**CRUSTACEAN**), Butter (**MILK**), Onions, Potato Flakes, White Wine (**SULPHITES**), Garlic, Salt, Parsley, Fresh Chilli Pepper, White Pepper), Rice Flour

Sage Butter (20g):

Butter (**MILK**), Sage, Salt, Black Pepper

Samphire (9g):

Fresh Samphire

NUTRITION per 100g

CALORIES PER SERVING: 631kcal

Energy	1099kJ
Calories	264kcal
Fat	13.8g
Of which saturates	8.4g
Carbohydrates	26.4g
Of which sugars	1.2g
Protein	9.5g
Salt	0.8g

PAPPARDELLE WITH A WILD MUSHROOM SAUCE *(Vegetarian)*

ABOUT THE DISH

In Italy, gathering wild mushrooms – andar per funghi – is common practice due in no small part to the favourable geographical conditions. The Alps and Apennine mountains are flourishing grounds for the most popular mushrooms. Indeed, when mushroom season arrives, something takes hold of Italians. It's not so much a fever, but rather a lust, a kind of earthy hunger as families set out for the hunting grounds once favoured by their ancestors.

They're hungry for funghi, specifically for the porcini that sprout in the wooded hills of Piemonte, Toscana, Emilia-Romagna, Umbria and Veneto. The 16th century Italian naturalist Costanzo Felici once described the mushroom as 'a very eccentric and dangerous food, better kept away from the table than dished up on it'. The Roman Emperor, Claudius was, after all, said to have been poisoned by this fungus – either through criminal intent, or by sheer accident – by his fourth wife Agrippina.

Our founder, Alessandro, loved searching for porcini mushrooms as a child. Unfortunately, because of lack of skill, he was only able to find the more prevalent poisonous mushrooms. He now hopes that, one day soon, he will be able to take his baby son, Daniele, foraging in the same hills - seeking greater success, of course. If Daniele has more luck than his dad, he might even find the king of the mushroom world, used in this sauce. The *Boletus Edulis*, more commonly known as "porcino" mushroom (and literally meaning "little pig" in Italian), can grow up to ten-inches tall and a foot in diameter and weigh 1kg when mature. The thick strands of the pappardelle, meanwhile, make for an ideal match to lap up this mighty mushroom sauce.

Note: Please consume or freeze our pasta and sauces within 2 days of delivery.

METHOD

Note: Before transferring to the pan, untangle any strands of pasta that might be stuck together.

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for 2-3 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a large pan and add 1tbsp (15ml) of the boiling cooking water. Gently heat until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Pappardelle (165g):

Durum **WHEAT** Semola, **WHEAT** Flour, **EGG**, Rice Flour

Wild Mushroom Sauce (160g):

Porcini and other Mushrooms, Carrot, **CELERY**, Onion, Garlic, Cream (**MILK**), Tomato Sauce (Tomatoes (77%), Water, Onion, Carrot, Extra Virgin Olive Oil, Basil, Salt, Garlic, Sugar, Black Pepper), Mushroom Stock, Corn Flour, Rosemary

Italian Grated Cheese (8g):

MILK, Salt, Rennet (Microbial Coagulant), **EGG** Lysozyme

NUTRITION per 100g

CALORIES PER SERVING: 643kcal

Energy	804kJ
Calories	193kcal
Fat	6.2g
Of which saturates	2.4g
Carbohydrates	25.7g
Of which sugars	1.3g
Protein	8.0g
Salt	1.0g



Match all
items with
a white
sticker

Suggested Wine Pairing:

For this dish, we recommend a light-bodied Merlot with bright acidity to balance the richness of the sauce, while still standing up to the strong mushroom flavours. The cherry and plum notes characteristic of Merlot will complement this dish wonderfully.

Merlot

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Match all
items with
a black
sticker



Sauvignon
Blanc

Suggested Wine Pairing:

The acidity of the lemon in this ravioli needs an acidic wine to match it. Sauvignon Blanc has high acidity and strong citrus notes, which will complement this dish, while helping to cut through its creaminess.

AMALFI LEMON & MOZZARELLA RAVIOLI WITH SAGE BUTTER

ABOUT THE DISH

Where better to take inspiration for this week's zesty lemon & mozzarella ravioli than the Amalfi Coast, one of Italy's most treasured sights, and home to one of the world's most coveted types of limone. Indeed, the Amalfi lemon has long enjoyed prominence in Campanian cuisine - from tart limoncello to zesty pasta al limone.

Amalfi lemons are referred to as sfusato Amalfitano in native tongue. This is perhaps in reference to their elongated shape, as "sfusato" roughly translates as "spindle". Known for its strong fragrance and for a flavour less acidic than other types of lemon, it is not an uncommon sight to observe locals enjoying the citrus as though it were an apple - pith, rind and all!

We pay homage to the Amalfi lemon by stirring its aromatic juice into creamy mozzarella, that is also flecked by the lemon's milder, sweeter peel. Although remarkably simple, this combination could scarcely be more Italian in spirit. These refreshing pockets of filling are surrounded by fresh pasta and drizzled with burro e salvia, a mouth-watering butter combined with freshly chopped sage - the leaves of which lend an aromatic flavour to the butter. To crown our ravioli, we sprinkle over a scattering of tangy formaggio.

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METHOD

Note: Because our pasta is a fresh, artisan product, some pieces may have slightly cracked and split. Not to worry, however: they'll be just as delicious and will infuse well with the butter.

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for around 3 minutes.
3. Whilst the pasta cooks, put the butter in a pan, cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Lift the pasta out of the water and transfer to the sage butter. Toss gently to coat.
5. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Amalfi Lemon & Mozzarella Ravioli (200g):

Fresh Pasta (Durum **WHEAT** Semola, Soft **WHEAT** Flour, **EGG**, Preservative E202, Rice Flour), Filling (Mozzarella Cheese (**MILK**) (61%), Ricotta Cheese (**MILK**), Lemon Zest, Salt, White Pepper, Preservative E202), Rice Flour

Sage Butter (20g):

Butter (**MILK**) (87%), Sage (10%), Salt, Black Pepper

Italian Grated Cheese (8g):

MILK, Salt, Rennet (Microbial Coagulant), **EGG** Lysozyme

NUTRITION per 100g

CALORIES PER SERVING: 664kcal

Energy	1214kJ
Calories	291kcal
Fat	18.3g
Of which saturates	10.9g
Carbohydrates	16.9g
Of which sugars	3.1g
Protein	15.4g
Salt	1.6g

RIGATONI ALLA NORMA WITH RICOTTA SALATA

ABOUT THE DISH

The word "rigatoni" comes from the Italian word "rigare", meaning to score lines or mark lines into something. Rigatoni are big tubes of pasta that are ridged on the outside and smooth within. This shape is traditionally associated with central and southern Italy, particularly Sicily, where serving norma sauce with rigatoni is a veritable tradition.

Indeed, Rigatoni alla Norma is named after the opera "Norma" from the composer Vincenzo Bellini, who was born in the 19th century in Catania, Sicily's second-largest city. Our Norma sauce is made from aubergines, which grow abundantly in the outskirts of this sun-drenched island city. Tomatoes are just as important to the success of a Norma sauce - here, we use the plump and blushing San Marzano variety, whose thick flesh and sweet taste evoke the best of Italy in summer. A final scattering of Ricotta salata - a firm, salty cheese - completes this typical Sicilian dish. And we have to tell you, it really is sublime.

Note: Please consume or freeze our pasta and sauces within 2 days of delivery.

METHOD

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for at least 3 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, add the sauce to a pan. Gently heat the sauce until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Finally, plate and sprinkle with the ricotta salata. Buon appetito.

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Rigatoni (165g):

Durum **WHEAT** Semola, **WHEAT** Flour, **EGG**, Rice Flour

Norma Sauce (160g):

Tomatoes (54%), Aubergine (23%), Onion, Carrot, Extra Virgin

Olive Oil, Basil, Salt, Sugar, Garlic, Oregano

Ricotta Salata Cheese (8g):

Sheep **MILK** Whey, Salt, Citric Acid E330

NUTRITION

per 100g

CALORIES PER SERVING: 516kcal

Energy	650kJ
Calories	155kcal
Fat	2.6g
Of which saturates	0.7g
Carbohydrates	25.7g
Of which sugars	2.0g
Protein	5.7g
Salt	0.5g



Match all
items with
a green
sticker

Suggested Wine Pairing:

Pinot Noir's characteristic fruitiness and bright acidity will pair wonderfully with this dish. This medium bodied wine holds up to the flavourful mix of aubergine, tomato and ricotta salata in this dish.

Pinot Noir

  #PASTAEVANGELISTS

Match all
items with
a purple
sticker



Chardonnay

Suggested Wine Pairing:

For this filled pasta with both Pecorino and truffle, we recommend a bold white wine to balance the creaminess, while still standing up to the strong truffle flavour. A Chardonnay that has seen some oak would be an excellent choice, with the moderate acidity cutting the creaminess of the filling.

SUMMER TRUFFLE TRIANGOLI WITH TRUFFLE BUTTER & HAZELNUTS

ABOUT THE DISH

Triangoli are a beautiful, triangle-shaped ravioli, beloved across Italy but scarcely known outside of il bel paese. This dish holds a well-deserved status as one of the classic indulgent tastes of Italy, with each triangolo filled with black truffles grown in Norcia, an area in southeast Umbria, where they are locally known as trifolati, and are prized for their distinct aroma. There are three regions known for truffle hunting other than Umbria: Piemonte, Toscana and Marche. As truffles grow underground with no visible surface markings, pigs or dogs are used to unearth the truffles, employing the animals' strong sense of smell. While pigs were traditionally used for truffle hunting, dogs have now replaced them in popularity. Why, might you ask? Well, dogs are easier to train to give the truffle up, and not enjoy it themselves!

So as not to compromise the truffle's elegance with an inferior accompaniment, we combine the beautiful black truffles with Pecorino, one of Italy's finest and best-known cheeses. Highly regarded for its tangy sharpness, it's the perfect accompaniment for our decadent truffle filling. We finish our triangoli simply with truffle butter and hazelnut crumb. This dish will make you want to visit Italy to go truffle-hunting in the countryside!

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METHOD

Note: Because our pasta is a fresh, artisan product, some pieces may have slightly cracked and split. Not to worry, however: they'll be just as delicious and will infuse well with the butter.

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for around 3 minutes.
3. Whilst the pasta cooks, put the butter in a pan, cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Lift the pasta out of the water and transfer to the truffle butter. Toss gently to coat.
5. Finally, plate and sprinkle with the hazelnut crumb. Buon appetito.

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Black Truffle & Pecorino Triangoli (200g):

Fresh Pasta (Durum **WHEAT** Semola, Soft **WHEAT** Flour, **EGG** Preservative E202, Rice Flour), Filling (Ricotta Cheese (**MILK**), Sheep's **MILK** Cheese, Truffle Sauce (Champignon Mushrooms, Extra Virgin Olive Oil, Olive Oil, Truffle Tuber Aestivum, Black Olives, Herbs, Salt) Onion, Goat's **MILK** Cheese, Parsley, White Pepper, Preservative E202)

Truffle Butter (20g):

Butter (**MILK**), Black Truffle (9%), Truffle Oil (4%) (Olive Oil, Truffle Flavouring), Salt

Hazelnut Crumb (4g):

Hazelnuts (**NUTS**)

NUTRITION per 100g

CALORIES PER SERVING: 701kcal

Energy	1258kJ
Calories	301kcal
Fat	19.0g
Of which saturates	10.5g
Carbohydrates	20.9g
Of which sugars	1.9g
Protein	11.1g
Salt	0.6g

CONCHIGLIE ALLA PUTTANESCA FROM NAPOLI *(Gluten Free* & Vegan)*

ABOUT THE DISH

In this week's dish, we serve freshly made gluten free pasta. Regardless of whether you are able to consume gluten, this is una pasta buonissima, made in the artisan tradition and shaped into fresh conchiglie shells.

The name of this beautiful, beach-evoking pasta shape derives from the Italian word for seashell, "conchiglia". The Italian word "conchiglie", just like the English word "conch", shares the same Greek root in the form of kochýli, which means "shell".

And whilst you may not find grains of sand from the Italian coastline within this week's fresh, gluten free conchiglie, you will find that they are the perfect shape to accommodate this week's limited edition plant-based puttanesca sauce. Born in Naples, the largest city of the Campania region, which is also home to the Amalfi Coast, puttanesca is a gutsy, tomato-based sauce, made with plenty of garlic. Traditionally, it's also made with anchovies fished in the Bay of Naples, giving it a deep, savoury taste. We've found, though, that the inclusion of fresh olives and capers, salty and savoury in their own right, is more than ample to give this sauce its characteristic flavour.

The backstory of pasta "alla puttanesca", too, is equally full of character. The term "pasta alla puttanesca" quite literally refers to pasta made "in the manner of a prostitute". Shocking, we know! Food writers have debated the nomenclature since the dish emerged in the 60s, but the common understanding, though not uttered by more squeamish commentators, is that the dish was born in Naples' case di appuntamenti ("appointment houses"). We hope you'll be able to infer the meaning of an "appuntamento", so we needn't utter it. As preparing the puttanesca sauce was a labour of mere minutes - indeed, simply "throwing whatever together" - this could be done between other, er, obligations.

Note: Please consume or freeze our pasta and sauces within 2 days of delivery.

METHOD

Note: Conchiglie can take a little longer to cook. For gluten free pasta, we like around 2 minutes, but cook for longer if you prefer your pasta soft.

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for 2 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, add the sauce to a pan. Gently heat the sauce until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Finally, plate and enjoy. Buon appetito.

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Gluten Free Conchiglie (165g):

Flour Blend (White Rice, Brown Rice, Potato, Tapioca, Buckwheat, Maize, Quinoa), Xanthan Gum, Water, Olive Oil, Salt, Turmeric, Sunflower Lecythin

Puttanesca Sauce (160g):

Passata, Olives, Capers, Extra Virgin Olive Oil, Garlic, Basil, Chilli

*Our gluten-free pasta is handled in an environment where products containing gluten are also handled. We have procedures in place to minimise the risk any cross-contact/contamination of all the allergens that are handled as part of our operation. However, we cannot guarantee that there will not be any traces present in your food.

NUTRITION per 100g

CALORIES PER SERVING: 548kcal

Energy	702kJ
Calories	169kcal
Fat	8.2g
Of which saturates	1.7g
Carbohydrates	15.7g
Of which sugars	2.8g
Protein	7.2g
Salt	1.2g

GLUTEN FREE

Match brown
stickers on
pasta, sauce
& garnish



Suggested Wine Pairing:

As this sauce features both capers and olives, we recommend a full-bodied red wine to hold up to these flavours. Primitivo, traditionally from Puglia in the south of Italy, is an excellent choice. The strong tannins and intense black fruit notes of Primitivo will complement and stand up to this dish.

Primitivo

Next Week's Menu

AVAILABLE WEEK OF 31ST AUGUST



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