



PASTA
EVANGELISTS
made in London



**CHRISTMAS CAVATELLI WITH COURGETTE & MINT
PESTO, FESTIVE CHILLI & PARMIGIANO REGGIANO**



Photograph: Tim Atkins | Share a photo of your dish online #pastaevangelists





Match with green stickered pasta, sauce and garnish

ABOUT THIS DISH

These ridged and elongated pasta curls get their name from the Italian word *cavato*, meaning 'indented'. They originate from *Molise*, the youngest – and often forgotten – of Italian regions, established only in 1963 after parting ways with neighbouring *Abruzzo*. Chewy and extremely versatile, cavatelli lend themselves to a variety of meat and vegetable sauces. In this instance, we've opted for the latter, with a delightfully lush and summer-evoking pesto, even if Christmas is soon approaching! We'll just forget about that for the time being...

A twist on the classic, and more familiar, basil recipe found in the northern region of *Liguria*, our pesto sees the addition of zucchini and mint for added freshness as well as chilli for a subtle injection of heat.

Given the beautiful, Christmas-evoking combination of *verde e rosso* (green and red) from *zucchini e peperoncino* (courgette and chilli pepper), we thought the "Christmas *Cavatelli*" nickname seemed festively fitting. *Buon appetito..*

METHOD

1. Bring a large saucepan of generously salted water to a boil.
2. Cook the *cavatelli* in the boiling water for 3-4 minutes, or until '*al dente*' (check a piece before removing from the water).
3. Whilst the *cavatelli* cook, put the *pesto* in a large bowl. Add 1-2 tbsp (15-20ml) of the boiling cooking water to the sauce and mix together.
4. Once cooked, transfer the *cavatelli* to the *pesto*. Toss gently to coat.
5. Finally, sprinkle with *Parmigiano Reggiano*. *Buon appetito*.

INGREDIENTS

(Allergens in **bold and underlined**):

Item	Weight*	Ingredients	Nutrition (Dish)	Per 100g
Cavatelli	165g	Durum <u>Wheat</u> Semola, Water, Preservative E202, Rice Flour	Energy	1132kJ
			Calories	270kCal
			Fat	13.0g
			Of which saturates	2.6g
Courgette and Mint Pesto	90g	Courgette, Olive Oil, <u>Parmigiano Reggiano</u> (<u>Milk</u>), Basil, Mint, Garlic, Chilli, Salt, Black Pepper	Carbohydrates	350.6g
			Of which sugars	1.5g
			Protein	6.7g
Parmigiano Reggiano	8g	<u>Milk</u> , Salt, Rennet	Salt	0.5g

Keep chilled and consume on day of delivery or on the day after delivery. Alternatively, freeze as follows:

FREEZING: Both the *cavatelli* and *pesto* can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The pasta should be cooked directly from frozen. The *pesto* should be defrosted in the fridge overnight before cooking. From frozen, the pasta needs to be cooked for 1 minute more than the normal cooking time. *Go Grande Portions are 30% larger. *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.*