



PASTA EVANGELISTS

made in London



PULLED PORK & CAVOLO NERO RAGÙ WITH PAPPARDELLE & PARMESAN



Photograph: @thehangryhuman

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Pasta Evangelists



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ABOUT THIS DISH

Pappardelle originate in Tuscany, a region known for rich, hearty sauces. *Pappardelle* is one of the thickest flat pastas, making it the perfect size to sop up meat sauces. The word *pappardelle* comes from the verb *pappare*, meaning to “gobble up”, which is exactly what this pasta, and people who eat it, do. In this week's twist, we combine a traditional Tuscan dish of pork & cavolo nero *ragù* with *pappardelle* pasta. We also pay homage to the tradition of pulled pork, beloved of impoverished Italians throughout history, for whom it proved an excellent way to turn cheaper cuts of meat into decadent, tender specimens. Just pull your fork through the rich strands of slow-cooked meat and delight as they yield and fall apart.

METHOD

1. Bring a large saucepan of salted water to the boil.
2. Cook the *pappardelle* in the boiling water (but leave the white flour in the pouch) for 3-4 minutes until al-dente (check one before removing from the pan). Stir often to avoid the pasta strands sticking together.
3. Whilst the *pappardelle* cook, put the pulled pork *ragù* in a large pan, add 2 tbsp (25ml) of cooking water from the pan of pasta and cover with a lid and heat until steaming. Once steaming turn heat off.
4. Once cooked, use tongs to transfer the pasta to the *ragù*. Toss together with the sauce and garnish with parmesan. *Buon appetito*.

INGREDIENTS

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

Item	Weight	Calories	Ingredients
Pappardelle	165g	462kCal	Pasta (<u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt
Pulled Pork Ragù	155g	250kCal	Pork Shoulder (36%), Passata, Onion, Cavolo Nero, Carrot, Red Wine (<u>Sulphites</u>), <u>Celery</u> , Garlic, Thyme Sprigs, Bay Leaf, Olive Oil, Salt, Black Pepper
Parmesan	8g	56kCal	Parmesan Cheese (<u>Milk</u>)

Consume within 2 days of delivery. FREEZING: The pasta can be frozen (below -18 degrees °C) on day of delivery and keeps for 1 month in the freezer. The pasta should be cooked straight from frozen. The sauce needs to be defrosted overnight in the fridge.

This food has been prepared in a kitchen that also prepares molluscs, mustard, nuts, gluten, fish, crustaceans, and therefore may contain traces of these.

