



PASTA
EVANGELISTS
made in London

**PAPPARDELLE WITH PULLED PORK & CAVOLO NERO
RAGÙ & PARMESAN CHEESE**



Photograph: @onehungryasian



Pasta Evangelists



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ABOUT THIS DISH

Pappardelle originate in Tuscany, a region known for rich, hearty sauces. *Pappardelle* are one of the widest flat pastas, making them 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. In doing so, we pay homage to the tradition of pulled pork, beloved by 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, and imagine you were in the Tuscan hills below...

METHOD

1. Bring a large saucepan of salted water to the boil.
2. Cook the *pappardelle* in the boiling water for 3-4 minutes until ‘al dente’ (check a strand before removing from the pan). Stir often to avoid the pasta strands sticking together.
3. Whilst the pasta cooks, put the pork & *cavolo nero ragù* in a large pan, add 1-2 tbsp (20ml) of the boiling cooking water, cover with a lid and heat until steaming. Once steaming, turn heat off.
4. Transfer the pasta to the sauce. Scatter with the Parmesan. **Buon appetito.**

INGREDIENTS (Allergens in **bold**): Fresh Pasta (Wheat **Flour**, **Egg**, Durum **Wheat** Flour, Salt), Pork Shoulder, **Celery**, Carrot, Onion, Garlic, Red Wine (**Sulphites**), Passata, Cavolo Nero, Thyme, Bay Leaf, Olive Oil, Salt, Black Pepper

GARNISH INGREDIENTS

Parmesan Cheese (**Milk**)

Consume within 1 day of purchase.

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.

