



PASTA EVANGELISTS

made in London

PAPPARDELLE WITH SLOW-COOKED LAMB RAGÙ & PARMESAN CHEESE



Photography: @nibblingldn

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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 hearty meat sauces. The word *pappardelle* comes from the verb *pappare*, which means to “gobble up”, and is the perfect complement to our *ragù*.

Our simple lamb *ragù* on the other hand comes from the southern part of Italy and is a reflection of the historical poverty of the *Basilicata*. “The region’s rocky, rugged landscape is ideal for raising sheep but not much else.” The secret to our spectacular lamb *ragù* is time, and lots of it. Allowing each simple but essential element to meld together and transform into something even greater..

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 strands sticking together.
3. Whilst the pasta cooks, put the *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 *ragù*. Scatter with the Parmesan. **Buon appetito.**

INGREDIENTS

(Allergens in **bold**):

Item	Weight	Calories	Ingredients
Pappardelle	165g	454kCal	Wheat Flour, Egg , Durum Wheat Flour, Salt
Lamb Ragù	155g	245kCal	Lamb (52%), Tomatoes, Red Wine (Sulphites), Onion, Carrot, Celery , Olive Oil, Mint, Garlic, Salt, Black Pepper, Rosemary, Thyme, Bay Leaf
Parmesan	8g	42kCal	Parmesan Cheese (Milk , Salt, Animal Rennet)

Consume within 1 day 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.

