



PASTA EVANGELISTS

made in London

MALLOREDDUS ALLA CAMPIDANESE
WITH SAUSAGE RAGÙ, PECORINO CREAM & PECORINO CHEESE



Photograph: @thehangryhuman

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Pasta Evangelists



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ABOUT THIS DISH

Malloreddus hail from the Italian island of *Sardegna* (see photo below... no, it's not the Carribbean!), where it has been made for centuries. The diminutive of *malloru* (bull' in Sardinian dialect), *malloreddus* means 'fat little calves'. Traditionally, on her wedding night, a Sardinian bride will parade through town wearing silver jewellery, carrying a large basket of *malloreddus* pasta 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 rifleshots. The bride then enters, eating her *malloreddus* from the same plate as her new husband.

We pair our *malloreddus* with *campidanese* sauce, a traditional Sardinian *ragù* made with sausage, tomatoes and saffron. We keep our recipe very traditional, so it is almost like you are eating it on the warm island itself.

METHOD

1. Bring a large saucepan of salted water to the boil.
2. Cook the *malloreddus* in the boiling water for 3-4 minutes or until 'al dente' (check a piece before removing from the pan).
3. Whilst the pasta cooks, put the sausage *ragù* in a saucepan, adding 1-2 tbsp (15-20ml) of boiling cooking water and cover with a lid. Once steaming, turn off heat.
4. Transfer the pasta to the sauce & stir through the Pecorino cream, before scattering over the Pecorino cheese. **Buon appetito.**

INGREDIENTS

(Allergens in **bold**):

Item	Weight	Calories	Ingredients
Malloreddus	165g	454kCal	Wheat Flour, Egg , Durum Wheat Flour, Salt
Sausage Ragù	155g	250kCal	Passata, Pork sausage (40%), Onion, Extra virgin olive oil, Fennel seeds, Salt, Black pepper
Pecorino Cream	25g	40kCal	Pecorino Cream (Water, Pecorino Cheese (Milk) (45%), Sugar)
Pecorino Cheese	8g	42kCal	Pecorino Cheese (Milk)

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.

