



# PASTA EVANGELISTS

*made in London*

MAFALDE WITH SAUSAGE RAGÙ,  
PECORINO CREAM & PECORINO CHEESE



Photograph: @greedytourists

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Pasta Evangelists



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## ABOUT THIS DISH

*Mafalde*, also known as *Reginette* (Italian for “little queens”) an alluring, ribbon- shaped pasta with beautiful wavy edges and a striking appearance. In 1997 the Italian government named the *Mafalde* pasta, or *Mafaldine* (little mafalde), in honour of Princess Mafalda of Savoy (See photo). Princess Mafalda died during the II World War, whilst under arrest in a concentration camp. The *mafalde* pasta is said to remind of the princess’ curls. Princess Mafalda’s life had been marked by tragedy before this; the SSPrincipessa Mafalda Italian transatlantic ocean-liner was named after her. This was one of the most luxurious ships at the time; unfortunately it sank off the coast of Brasil in 1927.

*Ragù di salsiccia* (pork sausage ragù), and is a tomato-based sauce traditionally hailing from *Toscana*. We use traditional Italian sausage, which gets its unique flavour from fennel, along with tender cuts of pork. We slowly cook our *salsiccia* with tomatoes, and a *bouquet garni* of sage, rosemary, and thyme to give the *ragù* a deep, meaty richness.

## METHOD

1. Bring a large saucepan of salted water to the boil.
2. Cook the *mafalde* in the boiling water for 6-7 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
Mafalde	165g	454kCal	<b>Wheat</b> Flour, <b>Egg</b> , Durum <b>Wheat</b> 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 ( <b>Milk</b> ) (45%), Sugar)
Pecorino Cheese	8g	42kCal	Pecorino Cheese ( <b>Milk</b> )

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.

