



**PASTA
EVANGELISTS**
made in London



**ORECCHIETTE WITH SUPERGREEN PESTO
& PARMESAN CRISP**



Photo by: @fenwench

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Pasta Evangelists



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ABOUT THIS DISH

Orecchiette, literally 'little ears' in Italian, are a perfect example of how amazing pasta can be! Using only flour and water, the little shell shapes have a firm bite, but a soft interior. When next in London, do pop by our Pasta Evangelists concession in the Harrods food hall. Make sure you stop and ask our *sfoglina* (pasta makers) Livia how to make *orecchiette*!

Another delight is, of course, the variety of shapes available across Italy's twenty regions. *Orecchiette* are known and loved in their rugged home region of *Puglia* (see photo below of the town of *Vieste* in the *Gargano* province of *Puglia*) for their ability to scoop up smaller elements of the sauce, such as this innovative fresh *pesto*, packed with basil, spinach, kale & many more nutrient rich greens. The sturdy pasta holds this sauce beautifully, so neither pasta nor our twist on *pesto* becomes a supporting act for the other. We top with a traditional Italian cheese, *Parmesan*, whose crumbly, nutty taste imparts added depth to the dish.

METHOD

1. Bring a large saucepan of salted water to boil.
2. Cook the *orecchiette* in the boiling water for 4-5 minutes until 'al dente' (test one of the *orecchiette* before removing from water).
3. Whilst the pasta cooks, put the supergreen *pesto* in a pan. Add 1-2 tbsp (15-20ml) of the boiling cooking water, cover the *pesto* with a lid and heat until steaming. Once steaming, turn off the heat.
4. Lift the *orecchiette* out of the water with a slotted spoon and transfer to the *pesto*. Toss gently in the sauce to coat.
5. Sprinkle with the pine nuts and Parmesan crisp. ***Buon appetito.***

INGREDIENTS

(Allergens in **bold**):

Item	Weight	Calories	Ingredients
Orecchiette	165g	454kCal	Durum Wheat Flour, Water
Supergreen Pesto	90g	381kCal	Sunflower Oil, Broccoli Crumbs (17%), (Basil Paste (Basil, Sunflower Oil Salt) 12%, Vegetarian Hard Cheese (Cow's Milk), Broad Beans, Baby spinach, Mixed seeds, Kale, Garlic Puree, Salt, Acidity Regulator: Citric Acid
Pine Nuts	8g	56kCal	Pine Nuts
Parmesan Crisp	10g	50kCal	Vegetarian Medium Fat Hard Cheese (Cow's Milk , Salt, Vegetable rennet), Poppy Seeds, Gram Flour

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 direct from frozen. The *pesto* can also be frozen and should be defrosted 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.

