



PASTA
EVANGELISTS
made in London



**ORECCHIETTE WITH PISTACHIO PESTO, PISTACHIO
CRUMB & PARMESAN**



Photo by: @fenwench

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Pasta Evangelists



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Match with yellow stickered
pasta, sauce and garnish

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 *sfogliina* (pasta makers) Livia or Maria 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. 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 3-4 minutes until 'al dente' (test one of the *orecchiette* before removing from water).
3. Whilst the pasta cooks, put the pistachio *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 together to coat.
5. Sprinkle with the pistachio crumb and parmesan. *Buon appetito*.

INGREDIENTS

(Allergens in **bold and underlined>**):

Item	Weight	Calories	Ingredients
Orecchiette	165g	454kCal	Durum <u>Wheat</u> Flour, Water
Pistachio Pesto	90g	381kCal	Pistachio <u>Nuts</u> (28%), Extra Virgin Olive Oil, Parmesan Cheese (<u>Milk</u>), Basil, Mint, Garlic, Salt
Pistachio Crumb	8g	56kCal	Pistachio Nuts (<u>Nuts</u>)
Parmesan	8g	42kCal	Parmesan Cheese (<u>Milk</u>)

Consume within 2 days 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.

