



**PASTA**  
**EVANGELISTS**  
*made in London*



TOULOUSE SAUSAGE & RED WINE RAGU WITH  
PAPPARDELLE & PARMESAN

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Photograph: @onehungryasian

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Pasta Evangelists



#pastaevangelists  
@pastaevangelists



## 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 meat sauces. The word *pappardelle* comes from the verb *pappare*, meaning to “gobble up”, which is exactly what this pasta, and people who eat it, do.

In this week’s twist, we look to Italy’s European brother, France, for inspiration. And whilst both countries have had a long and sometimes tempestuous relationship, both are world destinations for epicureans. And fewer things elicit joy in epicureans quite like *saucisse de Toulouse*, the wonderfully rich and meaty sausage from the southern French city of Toulouse. This special sausage is distinguished by its simplicity: Toulouse sausages rely on pork cuts of the highest quality: the coarsely minced meat is then combined simply with black pepper and garlic. Combined with red wine and slowly cooked for hours, this limited edition *ragù* is seriously delicious. One for the carnivores! Ooh la la...

## 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 and bacon crumb. ***Buon appetito.***

## INGREDIENTS

Item	Weight	Calories	Ingredients
Pappardelle	160g	4440Cal	<u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt
Toulouse Sausage	160g	245kCal	Passata, Pork Sausage Meat, Pancetta, Onion, Red Wine
Ragù			<u>(Sulphites)</u> , Extra Virgin Olive Oil, Garlic, Salt, Black Pepper
Bacon Crumb	10g	35kCal	Breadcrumbs ( <u>Wheat</u> ), Bacon, Olive Oil, Salt, Black Pepper
Parmesan	8g	42kCal	Parmesan Cheese ( <u>Milk</u> )

Allergens in **bold and underlined**. 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 from frozen. The sauce needs to be defrosted overnight in the fridge.

This food has been prepared in a kitchen that also prepares molluscs, milk, mustard, nuts, gluten, fish, crustaceans, and therefore may contain traces of these.

