



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



**TAGLIATELLE WITH PESTO ALL GENOVESE, PINE NUTS &  
PARMIGIANO REGGIANO**

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Photo: @littlegreenshed

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Pasta Evangelists



#pastaevangelists #parmigianoreggiano  
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Match with purple stickered pasta, sauce and garnish

## ABOUT THIS DISH

*Tagliatelle* falls into the family of what is known as “cutters” (in Italian, “Tagliare”, means “to cut”), which is a group of pasta that are long and ribbon-like. Other members of the “cutters” family include *tagliolini*, *tajarin*, *pappardelle*, *trenette* and *fettuccine*. *Tagliatelle* hail from the *Emilia-Romagna* and *Marche* regions of Italy, where they have been loved for generations. Legend states that *tagliatelle* was invented on the night of *Annibale II Bentivoglio's* wedding to *Lucrezia* from the house of Este in 1487, by *Lucrezia's* talented chef, after seeing her ribbon-like hairstyle. However, there is much speculation as to if this was actually true or a joke made up by humourist Augusto Majani in 1931. Pesto, alongside focaccia, comes from Genova, in north-west of Italy. See below a photo of Genova taken from Alessandro's (our founder) house, in the neighbourhood of Castelletto. Your Pasta Evangelists team will be doing an off-site trip there soon!

*This dish has been created in partnership with Parmigiano Reggiano, an imitably flavoursome cheese produced exclusively in the region of Emilia Romagna. It is 100% natural and is still produced in Italy today as it was 900 years ago using only milk, salt and rennet.*



## METHOD

1. Bring a large saucepan of salted water to the boil.
2. Open the pasta pack and put the tagliatelle in the boiling water, stirring to separate any that stick, for 3-4 minutes until ‘al-dente’ (check a strand before removing from the pan).
3. Whilst the pasta cooks, put the pesto and the vegetables in a large pan, add 1-2 tbsp (20ml) of the boiling cooking water, cover with a lid and gently heat, stirring gently until steaming, once steaming, turn the heat off.
4. Once cooked, use tongs to transfer the tagliatelle to the pesto. Toss together and garnish with pine nuts & *Parmigiano Reggiano*. *Buon appetito!*

## INGREDIENTS (allergens in **bold and underlined>**)

Consume within 2 days of delivery.

Item	Weight	Calories (per portion)	Ingredients
Tagliatelle	165g	312kCal	<b><u>Wheat</u></b> Flour, <b><u>Egg</u></b> , Durum <b><u>Wheat</u></b> Flour, Water
Basil Pesto	90g	237kCal	Basil, Green Beans, Potatoes, Grana Padano Cheese: ( <b><u>Milk</u></b> , Salt, Rennet, <b><u>Egg</u></b> lysozyme), Olive Oil, Pine Kernels, Salt
Potatoes	15g	12kCal	Potatoes
Green Beans	15g	5kCal	Green Beans
Pine Nuts	8g	49kCal	Pine Kernels
Parmigiano Reggiano	7g	28kCal	Parmesan Cheese ( <b><u>Milk</u></b> )

**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. From frozen, the pasta needs 1 minute's additional cooking time than the normal cooking time

*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.*