

This menu is made from 100% recyclable materials



PASTA
EVANGELISTS

**New to
Pasta Evangelists?**
Look out for the lettered
stickers on the items
we've sent you. Match
items of the same letter to
create each dish.

EASTER WEEK MENU

*in partnership with Farmison & Co,
the award-winning, Yorkshire based butchers*

29TH MARCH - 4TH APRIL

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FARMISON & CO

eat better meat®

Taste the finest, heritage meats this Easter in our limited edition recipes, created in collaboration with award-winning butchers Farmison & Co. Based in North Yorkshire and led by Michelin-starred chef Jeff Baker, Farmison & Co source free range and grass-fed heritage breeds from local dales for intense marbling and the fullest flavour. We've used their fabulous cuts to create 3 special pasta dishes this week for an Easter celebration to remember.

Despite differences in climate and topography, there are many parallels that can be drawn between the beautiful hills and dales of the British Isles and the stunning agricultural regions of northern and southern Italy. Farmers from Sardinia to North Yorkshire are united by the sense of pride they take in their craft.

At Farmison & Co, the relationship with farmers and smallholders plays a central role. The team work hard to make sure all of their suppliers are paid a fair price, which in turn helps to secure their future stewardship of the environment.

Farmison & Co ensure they source free range meat of the best quality, which means the animals have been reared naturally and pasture-fed, but their quality assurance doesn't end here. Farmison & Co's master butchers are skilled artisans, employing carefully-honed techniques that yield the most flavoursome and succulent meat available.

Visit [farmison.com](https://www.farmison.com) to find out more and use code PASTA20 for 20% off your first order + free delivery!

Easter Menu

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*Braised Brisket & Pancetta Tortelloni with Sage Butter	B
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FARMISON&CO
eat better meat®

***Farmison & Co limited edition dishes**



Keep chilled at 5°C or below and consume on day of delivery or on the day after delivery.

Alternatively, FREEZE as follows: Pasta, lasagne and sauces can be frozen (below -18 °C) on day of delivery and be kept for up to 1 month in the freezer. Pasta should be cooked directly from frozen. When cooking from frozen, cook the pasta for an additional minute. Sauces and oven pasta dishes need to be defrosted overnight before cooking. Double portions are twice as large. This food has been prepared in a kitchen that also prepares gluten, peanuts, nuts, sesame, crustaceans, fish, egg, milk, soya, celery, mustard, lupin, sulphites, and therefore may contain traces of these.

Please note: our photography is for illustrative purposes only & may not necessarily reflect the finished dish.

Match all items with the sticker marked:

single portion
Amalfi

Match all items with the sticker marked:

double portion
Amalfi



WINE SUGGESTION: Cannonau

Cannonau is the Sardinian name for Grenache, and it is the most common grape grown in Sardinia. This wine is characteristically fruity with distinct spiciness and a mild acidity. It is a natural pairing for this lamb-filled pasta.

Farmison & Co Lamb & Wild Garlic Ravioloni with Rosemary Butter

ABOUT THE DISH

This week we've filled each of our hand-crafted ravioloni with Farmison & Co lamb of the Manx Loaghtan breed, native to the Isle of Man. Whilst the meat we've selected is the best of British, this choice of filling pays homage to Abruzzo and Molise, two regions of Italy where lamb is a staple, due to the long history of shepherding in the south. The dedication shown by the Manx farmers to their craft is mirrored by the work of the Italian farmers in the foothills of the Apennine Mountains, who walk countless miles each day to tend to their flocks. Paired with a beautiful burro di rosmarino – rosemary butter – the flavours of the lamb are perfectly complemented by the subtle woody impression of this herb. Rosemary can be found thriving in the wild and the perennial nature of its growth means that there is a near-infinite supply available - if you know where to look.

The secret to good food, and, as many Italians argue, to a good life, is to take your time. Rushing the process of cooking often spoils the final dish, whilst pouring hours of love and care into culinary rituals yields mouth-watering results. Our lamb filling is testament to this: with hours spent slowly roasting. Enriched with a generous amount of fresh wild garlic, the mellow flavours blend beautifully adding a delicious depth to the dish. We know you'll relish each mouthful of our special ravioloni.

Note: Store at 5°C or below. Consume or freeze on the day of delivery or the day after delivery.

METHOD

Note: Because our pasta is a fresh, artisan product, some pieces may have slightly cracked and split. Not to worry, however: they'll be just as delicious and will infuse well with the butter.

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre).
2. Cook the pasta in the boiling water for around 3 minutes.
3. Whilst the pasta cooks, put the butter in a pan, cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Lift the pasta out of the water and transfer to the butter. Toss gently to coat.
5. Sprinkle over the Italian cheese and serve immediately. Buon appetito!

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Lamb & Wild Garlic Ravioloni (200g):

Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour, Pasteurised **EGG**), Filling (Manx Laughtan Lamb (Origin: UK), Potato, Water, Olive Oil, Garlic, Salt, White Wine (**SULPHITES**), Black Pepper, Rosemary), Rice Flour

Rosemary Butter (20g):

Butter (**MILK**) (87%), Rosemary (10%), Salt, Black Pepper

Vegetarian Italian Grated Cheese (8g):

MILK, Salt, Rennet (Microbial Coagulant), **EGG** Lysozyme

NUTRITION

per 100g

CALORIES PER SERVING: 525kcal

Energy	954kJ
Calories	228kcal
Fat	8.5g
Of which saturates	3.6g
Carbohydrates	24.3g
Of which sugars	1.0g
Protein	13.3g
Salt	0.6g

ALLERGENS In addition to the recipe-specific allergen information provided, Pasta Evangelists handles all 14 allergens prescribed in legislation. Whilst we have implemented and maintain safety practices and take all reasonable precautions to prevent cross-contamination, we cannot guarantee that our products will not contain traces of these allergens.

Farmison & Co Braised Brisket & Pancetta Tortelloni with Sage Butter

ABOUT THE DISH

In creating these special tortelloni, our chefs have woven together traditional flavours from the British Isles and Italy. With meat sourced by Farmison & Co from local farms in Northern England and the Scottish Borders, these delicious parcels of pasta are made with the highest quality beef and pork, cut and cured using artisanal techniques. The beef brisket has been braised in a rich red wine sauce and cooked to tender perfection. This tribute to British cuisine is matched by the delicious, salty flavour of the pancetta, which, cured in Ripon, pays homage to the traditional heritage of Calabria, where this salt-cured speciality originates.

The beef selected for this dish is from the Galloway breed, a wild grazing herd from the rural north. The diet of these cattle gives the beef a deep, gamey flavour which shines through in each tortellone. This is perfectly complemented by the earthy sage butter that we serve the tortelloni with. We've found that this buttery sauce also wonderfully accents the pancetta.

Note: Store at 5°C or below. Consume or freeze on the day of delivery or the day after delivery.

METHOD

Note: Because our pasta is a fresh, artisan product, some pieces may have slightly cracked and split. Not to worry, however: they'll be just as delicious and will infuse well with the butter.

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre).
2. Cook the pasta in the boiling water for around 3 minutes.
3. Whilst the pasta cooks, put the butter in a pan, cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Lift the pasta out of the water and transfer to the butter. Toss gently to coat.
5. Sprinkle over the Italian cheese. Serve immediately. Buon appetito!

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Braised Beef & Pancetta Tortelloni (200g):

Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour "00", **EGG**), Filling (Galloway Beef (Origin: UK), Onion, Water, Red Wine (**SULPHITES**), Smoked Pancetta (Pork (Origin: UK), Salt, Dextrose, Natural Spices and Flavorings, Antioxidant E301, Preservatives E252, E250), Grana Padano Cheese (Cow's **MILK**, Rennet, Salt, Preservative: **EGG** Lysozyme), Olive Oil, Pasteurised **EGG**, Potato Flakes, Salt, Fennel Seeds, Garlic, Bay Leaf, Black Pepper), Rice Flour

Sage Butter (20g):

Butter (**MILK**), Sage

Vegetarian Italian Grated Cheese (8g):

MILK, Salt, Rennet (Microbial Coagulant), **EGG** Lysozyme

NUTRITION per 100g

CALORIES PER SERVING: 689kcal

Energy	1249kJ
Calories	300kcal
Fat	16.7g
Of which saturates	8.6g
Carbohydrates	22.8g
Of which sugars	1.0g
Protein	2.1g
Salt	0.9g

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Match all items with the sticker marked:

single portion
Bologna

Match all items with the sticker marked:

double portion
Bologna



WINE SUGGESTION: Valpolicella

A dry Valpolicella, such as an Amarone della Valpolicella or Valpolicella Superiore Ripasso, will be a natural pairing for this dish. The beef filling is rich and hearty, so needs a bold and full-bodied red to match it.

Match all items with the sticker marked:

single portion
Capri

Match all items with the sticker marked:

double portion
Capri



WINE SUGGESTION: Barolo

Barolo is a natural match for a bold beef dish. The full-bodied nature of Barolo, along with the moderate tannins, will complement the strong flavours in our special pork & beef feather ragu.



Farmison & Co's Feather Blade of Beef & Yorkshire Pork Ragù with Tagliatelle

ABOUT THE DISH

A rich meat ragù is one of the most quintessentially northern Italian dishes one could think of and, whilst the ingredients required for this traditional sauce are few and simple, the cooking process is a labour of love. It is not so much complicated as slow, with hours spent simmering the sauce over a low heat to allow the delicious flavours of the meat to come to the fore. In our limited edition version of this dish, we've opted for both pork and beef, with the highest quality meat provided by Farmison & Co and sourced from breeds native to Yorkshire and Northern Scotland. The rich flavour of both the beef and the pork is testament to the quality of the meat, carefully selected by Farmison from local farmers and smallholders who take pride in their craft.

Served with fresh strands of tagliatelle, the rich, meaty ragù clings to each piece of pasta, inviting you to tuck in. Our delicious sauce is infused with red wine which gives it a bold, without overpowering the taste of the meat. We can't think of a better celebration of Easter than this heavenly cultural fusion.

Note: Store at 5°C or below. Consume or freeze on the day of delivery or the day after delivery.

METHOD

Note: Before cooking, put the pasta on a wooden board and gently untangle any strands that may have stuck together. Ruffle the strands with your fingers so they separate from one another and can cook evenly in the pan.

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre).

2. Cook the pasta in the boiling water for 3 minutes. Stir regularly to prevent sticking.

3. Whilst the pasta cooks, put the sauce in a pan and add 2tbsp (30ml) of the boiling pasta cooking water. Take care to ensure you squeeze all the sauce from the pouch. Gently heat until steaming and then turn off the heat.

4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.

5. Sprinkle over the Italian cheese. Serve immediately. Buon appetito!

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Tagliatelle (180g):

Durum **WHEAT** Semola, **WHEAT** Flour, **EGG**, Rice Flour

Beef & Pork Ragù (180g):

Tomatoes, Galloway Beef (Origin: UK) (13.5%), Yorkshire Pork Shoulder (Origin: UK) (13.5%), Water, Onion, Carrot, **CELERY**, Red Wine (**SULPHITES**) (1%), Extra Virgin Olive Oil, Salt, Garlic, Sugar, Chicken Stock (contains **CELERY** Seeds), Bay Leaf, Black Pepper

Vegetarian Italian Grated Cheese (8g):

MILK, Salt, Rennet (Microbial Coagulant), **EGG** Lysozyme

NUTRITION per 100g

CALORIES PER SERVING: 746kcal

Energy	1364kJ
Calories	327kcal
Fat	20.8g
Of which saturates	10.3g
Carbohydrates	24.4g
Of which sugars	1.3g
Protein	11.5g
Salt	1.1g

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information provided, Pasta Evangelists handles all 14 allergens

prescribed in legislation. Whilst we have implemented and maintain safety practices and take all reasonable precautions to prevent cross-contamination, we cannot guarantee that our products will not contain traces of these allergens.

Wild Mushroom Lasagne with Pine Nuts & Fresh Parsley



ABOUT THE DISH

The epitome of warming al forno dishes, our wild mushroom lasagne is inspired by the mountains and forests of Piedmont. The location of this region, straddling Italy's northwestern Alps, means that in the winter months the landscape is dotted with snow-capped peaks and people from across Italy, and the rest of the world, escape their towns and cities and head instead to Piedmont's romantic chalets and ski resorts. Happy holiday-makers with rosy cheeks and growling stomachs return from days spent on the slopes in need for sustenance. Few dishes are better positioned to bestow warmth and comfort than lasagne, particularly when prepared with seasonal delicacies from the surrounding mountains and forests.

From porcini and pioppini to morels and chanterelles, Piemonte is home to a farrago of funghi varieties and these are prime for harvesting in the cold winter months. The abundance of wild mushrooms in the region means that, for thousands of years, they have taken pride of place in Piemontese cooking, playing a vital role in seasonal dishes like our tasty lasagne. Considered by the Romans to be an expensive luxury, we revel in the rich, earthy flavour that the wild mushrooms bring to this dish as we decadently layer them between hand-rolled lasagne sheets and our creamy bechamel sauce.

Note: Store at 5°C or below. Consume or freeze on the day of delivery or the day after delivery.

METHOD

1. Preheat the oven to 200°C and place a baking tray in the oven.
2. Remove the card sleeve from the oven pasta tray, as well as the plastic film. Once you have removed the sleeve and film lid, place the oven pasta, in its card box, directly onto the hot baking tray. Cover the pasta with tinfoil.
3. Cook for 15 minutes until piping hot. Remove the pasta from the oven and check it's piping hot. Allow 2-3 additional minutes without the tin foil if you'd like it to crispen up.
4. Allow the pasta to rest for 5 minutes before serving. Buon appetito!

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Porcini & Wild Mushroom Lasagne (350g):

Mixed Mushrooms (Chestnut Mushroom, Oyster, Baby Buttons, Porcini) (50%), Béchamel Sauce (**MILK, WHEAT** Flour, Butter (**MILK**), Salt, Nutmeg), Fresh Pasta (**WHEAT** Flour, Pasteurised **EGG**, Salt, Rice Flour), Pine Nuts, Vegetarian Hard Cheese (**MILK**, Salt, Rennet: Microbial Coagulant), Parsley

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NUTRITION per 100g

CALORIES PER SERVING: 526kcal	
Energy	626kJ
Calories	150kcal
Fat	9.5g
Of which saturates	2.5g
Carbohydrates	9.7g
Of which sugars	2.8g
Protein	6.6g
Salt	0.26g



Match all items with the sticker marked:

single portion
Dante

Match all items with the sticker marked:

double portion
Dante



WINE SUGGESTION: Fiano

Fiano is commonly grown in southern Italy, particularly in Campania. Its characteristic nutty, floral and honey notes along with slightly spicy and tropical fruit flavours make it a perfect pairing for our mushroom lasagne.

Match all items with the sticker marked:

single portion

Etna

Match all items with the sticker marked:

double portion

Etna



WINE SUGGESTION: Primitivo

As this is a very flavoursome sauce, we recommend a full-bodied red wine to match it. Primitivo, traditionally coming from Puglia in the south of Italy, is an excellent choice.

Gluten Free Spaghetti with Roasted Datterini Tomato Sauce



ABOUT THE DISH

Since the arrival of tomatoes from South America in the sixteenth century, Italians have formed an enduring love affair with the fruit, which they christened the “pomodoro”, or “golden apple”. Today, hundreds of varieties are native to Italy, from Sicily’s pomodoro di Pachino to the pomodoro di San Marzano, grown in the volcanic soils of Mount Vesuvius. Italians love to visit local markets in search of the best specimens, touching and smelling the fruit as they go. Often, they return to their homes with a glut of tomatoes to be used as the base of fresh sauces.

This week’s datterini tomatoes we use to create this special sauce come from the island of Sicily, like their sibling from Pachino. There, in the abundant sunshine, they take on a beautiful, blushing colour and are full of fragrance. Literally meaning “dates”, datterini tomatoes, like dates, are known for their exceptional sweetness. By slow-roasting and pairing with fresh basil and extra virgin olive oil, this natural sweetness is showcased. Served with our spaghetti bianchi, this dish is also, if only by happy coincidence rather than design, entirely plant-based.

Note: Store at 5°C or below. Consume or freeze on the day of delivery or the day after delivery.

METHOD

Note: Our gluten free pasta & gnocchi come in a **brown** bag. Before cooking, put the pasta on a wooden board and gently untangle any strands that may have stuck together. Ruffle the strands with your fingers so they separate from one another and can cook evenly in the pan.

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre).
2. Remove the gluten free pasta from the brown bag and cook in the boiling water for 2 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a pan and add 1tbsp (15ml) of the boiling pasta cooking water. Take care to ensure you squeeze all the sauce from the pouch. Gently heat until steaming and then turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Sprinkle over the Italian cheese and serve immediately. Buon appetito!

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Gluten Free Spaghetti (180g):

Flour Blend (White Rice, Brown Rice, Potato Starch, Tapioca Starch, Buckwheat, Maize, Sorghum, White Teff, Xanthan Gum), Water, Sunflower Oil, Turmeric Powder

Roasted Datterini and Basil Sauce (135g):

Tomatoes, Datterini Tomatoes (39%), Onion, Carrot, Extra Virgin Olive Oil, Salt, Garlic, Basil, Sugar, Black Pepper

Vegetarian Italian Grated Cheese (8g):

MILK, Salt, Rennet (Microbial Coagulant), **EGG** Lysozyme

NUTRITION per 100g

CALORIES PER SERVING: 548kcal

Energy	694kJ
Calories	166kcal
Fat	1.7g
Of which saturates	0.2g
Carbohydrates	31.3g
Of which sugars	2.2g
Protein	5.7g
Salt	0.14g

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Mafalde with Beef Shin & Barolo Wine Ragù

ABOUT THE DISH

This dish is, quite literally, fit for a king. Our special ragù is enriched with Barolo wine, known both as the 'King of Wines' and the 'Wine of Kings'. Native to the region of Piedmont, Barolo is produced in just eleven villages across the province of Cuneo, and is made from the Nebbiolo grape which has been cultivated here for over 2,500 years. Despite these royal associations, the beef shin component of this ragù tells a more humble tale. Dating back to the Middle Ages, beef shin was a cheap cut of meat often used by peasants in their cooking. Traditionally, the beef was cooked very slowly in a large pot over an open fire with a range of foraged herbs, like rosemary. The inclusion of these aromatics will, we imagine, have filled simple homes with a wonderful aroma, heralding a hearty dinner after a long day in the fields.

Mafalde, also known as "reginette" (Italian for "little queens") are an alluring, ribbon-shaped pasta with beautiful wavy edges and a striking appearance. They are said to evoke the curls of Princess Mafalda of Savoy who tragically died during the Second World War, whilst detained in a German concentration camp. Paired with beautiful strands of mafalde, our ragù is the pezzo forte (the pièce de résistance) of this special dish.

Note: Store at 5°C or below. Consume or freeze on the day of delivery or the day after delivery.

METHOD

Note: Before cooking, put the pasta on a wooden board and gently untangle any strands that may have stuck together. Ruffle the strands with your fingers so they separate from one another and can cook evenly in the pan.

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre).
2. Cook the pasta in the boiling water for 3 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a pan and add 2tbsp (30ml) of the boiling pasta cooking water. Take care to ensure you squeeze all the sauce from the pouch. Gently heat until steaming and then turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Sprinkle over the Italian cheese. Serve immediately. Buon appetito!

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Mafalde (180g):

Durum **WHEAT** Semola, **WHEAT** Flour, **EGG**, Water, Rice Flour

Beef & Barolo Ragù (180g):

Tomatoes, Beef Shin (Origin: Republic of Ireland) (26%), Beef Stock (contains **CELERY** Seeds), Onion, Carrot, **CELERY**, Barolo Wine (**SULPHITES**) (1%), Extra Virgin Olive Oil, Salt, Garlic, , Sugar, Bay Leaf, Black Pepper

Vegetarian Italian Grated Cheese (8g):

MILK, Salt, Rennet (Microbial Coagulant), **EGG** Lysozyme

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NUTRITION per 100g

CALORIES PER SERVING: 691kcal

Energy	786kJ
Calories	188kcal
Fat	3.4g
Of which saturates	1.3g
Carbohydrates	29.5g
Of which sugars	3.6g
Protein	9.7g
Salt	0.5g

Match all
items with the
sticker marked:

single portion
Firenze

Match all
items with the
sticker marked:

double portion

Firenze



WINE SUGGESTION: Barolo

Barolo is a natural match for a bold beef dish. We also use Barolo in this sauce, reinforcing the pairing. The full-bodied nature of Barolo, along with the moderate tannins, will complement the strong flavours in our delicious beef shin ragù.

Match all items with the sticker marked:

single portion
Genova

Match all items with the sticker marked:

double portion
Genova



WINE SUGGESTION: Cannonau

Cannonau is the Sardinian name for Grenache, and it is the most common grape grown in Sardinia. This wine is characteristically fruity, with distinct spiciness and a mild acidity. It is a natural pairing for this Sardinian lamb dish.

Martina's Sardinian Lamb Ragù with Fresh Conchiglie

ABOUT THE DISH

On the beautiful island of Sardinia, locals often regale visitors with the quip - in the vernacular - "ci funti prusu brebeis de genti", or "there are more sheep than people here". Indeed, Sardinia's 3 million sheep dwarf its human population of 1.6 million. Sardinians, a resourceful people, herd sheep throughout the island's mountainous interior, making it a centre for slow-cooked lamb ragù dishes. This is particularly the case in springtime, when the quality of lamb is known to be exceptionally high and the meat is at its most tender. The addition of fennel to lamb dishes is also common in parts of Sardinia, where this herb - finocchio in Italian - grows freely through the island's countryside. This week, though, we've left it out as one of our chefs, Martina, hails from the island and, in her family's recipe, fennel is omitted (though plenty of other aromatics, including freshly-cut rosemary and thyme, provide beautiful fragrance).

Our ragù, inspired by Sardinia, is prepared using a prime cut of spring lamb shoulder, which, after hours of slow-cooking, falls apart. We serve with fresh conchiglie, whose seashell shape does a fantastic job at transporting you to Sardinia's beautiful beaches.

Note: Store at 5°C or below. Consume or freeze on the day of delivery or the day after delivery.

METHOD

1. Bring a large saucepan of water to the boil. Generously salt the water (around ½tbsp per litre).
2. Cook the pasta in the boiling water for 3-4 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a pan and add 2tbsp (30ml) of the boiling pasta cooking water. Take care to ensure you squeeze all the sauce from the pouch. Gently heat until steaming and then turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Sprinkle over the Italian cheese. Serve immediately. Buon appetito!

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Conchiglie (180g):

Durum **WHEAT** Semola, **WHEAT** Flour, **EGG**, Water, Rice Flour

Lamb Shoulder Ragù (180g):

Tomato, Lamb Shoulder (Origin: UK) (33%), Water, Onion, Carrot, **CELERY**, Red Wine (contains **SULPHITES**), Extra Virgin Olive Oil, Salt, Garlic, Sugar, Mint, Lamb Stock (contains **CELERY** Seeds), Black Pepper, Bay Leaves

Vegetarian Italian Grated Cheese (8g):

MILK, Salt, Rennet (Microbial Coagulant), **EGG** Lysozyme

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NUTRITION

per 100g

CALORIES PER SERVING: 745kcal

Energy	846kJ
Calories	202kcal
Fat	5.6g
Of which saturates	2.4g
Carbohydrates	29.1g
Of which sugars	3.2g
Protein	8.7g
Salt	0.5g

"Carbonara of Dreams" with Fresh Bucatini & Crispy Pancetta

ABOUT THE DISH

Now very much a favourite amongst the Pasta Evangelists community – and something of a signature dish – this hedonistic Roman classic is thought to have derived its name from when charcoal burners were used to cook the dish over campfires. We've added our own twist to this classic, comforting dish, presenting a gloriously creamy carbonara with tangles of fresh bucatini – in our opinion bigger and better than spaghetti – which sop up this luxuriant sauce. Bucatini are widely enjoyed throughout Lazio, the region that is home to Rome, but particularly in the capital.

Although not entirely traditional, we use pancetta in our carbonara sauce because it imparts a deep, salty intensity that pairs with the richness of the egg yolk and cream. We finish our carbonara with freshly ground black pepper and generous shavings of Italian cheese. The wonderfully golden hue of our sauce is the product of the quality egg yolks we source for our Carbonara. Be transported to the 'Eternal City' by this classic dish with a distinctively premium twist.

Note: Store at 5°C or below. Consume or freeze on the day of delivery or the day after delivery.

METHOD

Note: Before cooking, put the pasta on a wooden board and gently untangle any strands that may have stuck together. Ruffle the strands with your fingers so they separate from one another and can cook evenly in the pan.

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre).
2. Cook the pasta in the boiling water for 3-4 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, pan-fry the pancetta on a medium-high heat. Once crispy, turn the heat to very low and take the pan off the heat. Allow the pan to rest for 1-2 minutes before returning to the heat & adding the sauce. Take care to ensure you squeeze all the sauce from the pouch. Once added, return to the heat and warm through over the low heat. When the sauce is steaming, turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Sprinkle over the Italian cheese. Serve immediately. Buon appetito!

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Bucatini (180g):

Durum **WHEAT** Semola, **WHEAT** Flour, **EGG**, Water, Rice Flour

Carbonara (135g):

Single Cream (**MILK**), Grano Padano Cheese (**MILK**, Salt, Rennet, **EGG** Lysozyme), **EGG** Yolk (17%), Water, Salt, Black Pepper, Turmeric

Pancetta (45g):

Pork (Origin: Italy) (97%), Salt, Dextrose, White Pepper, Flavouring, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite

Vegetarian Italian Grated Cheese (8g):

MILK, Salt, Rennet (Microbial Coagulant), **EGG** Lysozyme

NUTRITION

per 100g

CALORIES PER SERVING: 933kcal

Energy	1088kJ
Calories	261kcal
Fat	11.5g
Of which saturates	5.4g
Carbohydrates	28.7g
Of which sugars	2.1g
Protein	10.5g
Salt	1.3g

ALLERGENS In addition to the recipe-specific allergen information provided, Pasta Evangelists handles all 14 allergens prescribed in legislation. Whilst we have implemented and maintain safety practices and take all reasonable precautions to prevent cross-contamination, we cannot guarantee that our products will not contain traces of these allergens.

Match all
items with the
sticker marked:

single portion
Hurrà

Match all
items with the
sticker marked:

double portion
Hurrà



WINE SUGGESTION: Lambrusco

This light sparkling red wine from Emilia-Romagna is best served slightly chilled. The pancetta's smokiness and the decadence of the sauce will be balanced perfectly by this spumante.

Match all
items with the
sticker marked:

single portion

Imola

Match all
items with the
sticker marked:

double portion

Imola



WINE SUGGESTION: Sangiovese

Sangiovese is a full-bodied wine with medium tannins that will match the spiciness of the 'nduja. Sangiovese is also moderately acidic, which will help to cut through the richness of the mascarpone and complement the acidity of the lemon.

Fettuccine with Spicy 'Nduja Sausage, Lemon and Mascarpone

ABOUT THE DISH

This sauce, although not strictly traditional, combines the classic ingredients of several regions of Italy: Calabria and Campania in the south and Lombardia in the north. Calabrian 'nduja sausage, citrus celebrated in Campania, and mascarpone originating in Lombardia come together in this irresistible dish. The spicy and soft 'nduja sausage forms the perfect base for this sauce, whilst the generous quotient of lemon juice evokes sunny Amalfi in Campania, adding zesty brightness to complement the hot richness of the 'nduja. In stirring through a few spoonfuls of mascarpone, our chefs also temper the heat of the chilli-flecked 'nduja and add a sumptuous richness. And whilst you may be most familiar with mascarpone from its appearance in the classic tiramisu, we promise it is also found in savoury dishes, and has transcended its local origins in Lombardia and ensconced itself in the gastronomic heart of all Italy.

We selected fettuccine to pair with this dish as meat sauces are traditionally served with long strand pasta. This sauce, with the warmth of the 'nduja complemented by the acidity of the lemon and the creaminess of the mascarpone, is designed to cling to long strands of fettuccine. We top this dish, as we do many of our other dishes, with a dusting of finely grated Italian cheese. We hope you, too, will find the fusion of these three regions an enticing proposition...

Note: Store at 5°C or below. Consume or freeze on the day of delivery or the day after delivery.

METHOD

Note: Before cooking, put the pasta on a wooden board and gently untangle any strands that may have stuck together. Ruffle the strands with your fingers so they separate from one another and can cook evenly in the pan.

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre).
2. Cook the pasta in the boiling water for 2-3 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a pan and add 1tbsp (15ml) of the boiling pasta cooking water. Take care to ensure you squeeze all the sauce from the pouch. Gently heat until steaming and then turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Sprinkle over the Italian cheese. Serve immediately. Buon appetito!

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Fettuccine (180g):

Durum **WHEAT** Semola, **WHEAT** Flour, **EGG**, Water, Rice Flour

'Nduja Sausage, Lemon & Mascarpone Sauce (170g):

Tomato, Pork Sausage (Pork (Origin: Denmark), White Wine (**SULPHITES**), Garlic, Salt, Pepper) (20%), White Wine (**SULPHITES**), Mascarpone Cheese (**MILK**, Acidity Regulator: Citric Acid) (6%), 'Nduja (Pork (Origin: Italy), Chilli Pepper, Salt) (6%), Onion, Carrot, Extra Virgin Olive Oil, Salt, Garlic, Sugar, Lemon Zest (0.1%), Black Pepper

Vegetarian Italian Grated Cheese (8g):

MILK, Salt, Rennet (Microbial Coagulant), **EGG** Lysozyme

NUTRITION

per 100g

CALORIES PER SERVING: 997kcal

Energy	1164kJ
Calories	278kcal
Fat	10.5g
Of which saturates	4.4g
Carbohydrates	34.7g
Of which sugars	7.0g
Protein	9.6g
Salt	0.8g

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Black Truffle Mac & Cheese



ABOUT THE DISH

In this week's Italo-American special, we've created the ultimate macaroni cheese, transforming a somewhat scorned American staple into something utterly irresistible. To do so, we've called upon a selection of beautiful cheeses from Italy, as well as a sumptuous scattering of gorgeous truffles sourced in Umbria. And whilst the original Italian immigrants to the United States might have balked at such decadence (*l'emigrazione italiana* was mainly driven by destitution and hopelessness), we think this dish is a suitably delicious tribute to the gastronomic heritage of Italy throughout the ages.

Indeed, there is ample reason to believe that mac & cheese might even have its origins in *il bel paese*, for recipes including macaroni and cheese date back to the late thirteenth century in southern Italy. It is said that the classic American macaroni and cheese, as well as a pasta machine, returned with Thomas Jefferson to Virginia after a jaunt in Italy. His daughter, Mary Randolph, became the hostess of his house after Jefferson's wife died and is credited with inventing the dish using macaroni and Italian grated cheese. Later, the cheese was replaced in favour of cheddar cheese. Or so the story goes...

Note: Store at 5°C or below. Consume or freeze on the day of delivery or the day after delivery.

METHOD

1. Preheat the oven to 200°C and place a baking tray in the oven.
2. Remove the card sleeve from the oven pasta tray, as well as the plastic film. Once you have removed the sleeve and film lid, place the oven pasta, in its card box, directly onto the hot baking tray. Cover the pasta with tinfoil.
3. Cook for 15 minutes until piping hot. Remove the pasta from the oven and check it's piping hot. Allow 2-3 additional minutes without the tin foil if you'd like it to crispen up.

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Black Truffle Mac & Cheese (350g):

MILK, Pasta (Durum **WHEAT** Flour, Water), Water, Emmental Cheese (**MILK**, Salt, Starter Culture), Butter (**MILK**), **WHEAT** Flour, Vegetarian Hard Cheese (**MILK**, Salt, Microbial Rennet), Black Truffle Sauce (Mushrooms, Sunflower Oil, Olive Oil, Black Olives, Salt, Summer Truffle (Tuber Aestivum Vit), Flavouring, Salt), Truffle Oil (Extra Virgin Olive Oil, Truffle Flavouring)

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NUTRITION per 100g

CALORIES PER SERVING: 566kcal

Energy	675kJ
Calories	162kcal
Fat	10.8g
Of which saturates	6.1g
Carbohydrates	9.5g
Of which sugars	2.7g
Protein	6.6g
Salt	0.9g

Match all
items with the
sticker marked:

single portion

Julius

Match all
items with the
sticker marked:

double portion

Julius



WINE SUGGESTION: Trebbiano

Trebbiano is very commonly grown in Italy. It is best consumed young when it has bright acidity and is fresh and fruity. This combination will help balance out the creaminess of this pasta and will complement the rich truffle flavour.



Match all items with the sticker marked:

single portion
Kilo

Match all items with the sticker marked:

double portion
Kilo



WINE SUGGESTION: Cortese di Gavi

This light, dry white wine from Piedmont is characterised by lemon, apple, honeydew and almond notes. The medium-high acidity will match the bright fresh pesto in this dish.

Radiatori with Fresh Basil Pesto & Pine Nuts



ABOUT THE DISH

Radiatori - these small, squat pieces of pasta - have a much-disputed origin story. Whilst some believe this pasta shape was first created in Italy during the interwar years, others claim it was, in fact, designed in the 1960s and modelled on the radiator grill of the famous Bugatti motor car. But, whatever the context of their conception, radiatori are undeniably industrial in their appearance, with deep grooves and a straight, central 'pipe' that runs the length of each piece, they certainly resemble these traditional heating fixtures. It is these design features that make radiatori the perfect pasta to serve with our delicious basil pesto, this vibrant green sauce becomes lodged on its ridges, coating each piece completely.

Whilst the pasta we've chosen for this dish seems relatively modern, our accompanying pesto has far deeper roots in Italian culinary culture. Our basil pesto is a Ligurian classic and perfectly demonstrates the joys of cooking with only a few simple, fresh ingredients. The vibrant green colour comes from the fresh basil we use and this flavour is complemented by the mild sweetness of the pine nuts. This velvety pesto is the perfect match for our chunky radiatori.

Note: Store at 5°C or below. Consume or freeze on the day of delivery or the day after delivery.

METHOD

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre).
2. Cook the pasta in the boiling water for around 3 minutes.
3. Whilst the pasta cooks, put the pesto in a large bowl. Take care to ensure you squeeze all the sauce from the pouch. Add 2 tbsp (30ml) of the boiling cooking water to the pesto and mix together.
4. Lift the pasta out of the water and transfer to the pesto. Toss gently to coat.
5. Sprinkle over the Italian cheese. Serve immediately. Buon appetito!

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Radiatori (180g):

Durum **WHEAT** Semola, **WHEAT** Flour, **EGG**, Water, Rice Flour

Pesto alla Genovese (75g):

Basil 36%, Extra Virgin Olive Oil, Vegetarian Italian Cheese (**MILK**, Salt, Vegetarian Rennet), Pine Nuts, Garlic, Salt

Vegetarian Italian Grated Cheese (8g):

MILK, Salt, Rennet (Microbial Coagulant), **EGG** Lysozyme

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NUTRITION per 100g

CALORIES PER SERVING: 899kcal

Energy	1397kJ
Calories	335kcal
Fat	15.2g
Of which saturates	3.8g
Carbohydrates	38.5g
Of which sugars	2.5g
Protein	10.8g
Salt	0.7g

Pappardelle with a Wild Mushroom Sauce



ABOUT THE DISH

Italy's Alps and Apennine mountains are flourishing grounds for its citizens' favourite mushrooms. Indeed, in autumn, something takes hold of Italians. A kind of earthy hunger as families set out for the hunting grounds once favoured by their ancestors. They're hungry for funghi, specifically for the porcini that sprout in the wooded hills of Piemonte, Toscana, Emilia-Romagna, Umbria and Veneto.

Our founder, Alessandro, loved searching for porcini mushrooms as a child. Unfortunately, because of lack of skill, he was only able to find the more prevalent poisonous mushrooms. He now hopes that, one day soon, he will be able to take his baby son, Daniele, foraging in the same hills - seeking greater success, of course. If Daniele has more luck than his dad, he might even find the king of the mushroom world, used in this sauce. The *Boletus Edulis*, more commonly known as *porcino* mushroom (literally meaning "little pig" in Italian), can grow up to ten inches tall and a foot in diameter weighing as much as 1kg when mature. Our thick strands of pappardelle make for an ideal match to lap up this mighty mushroom sauce.

Note: Store at 5°C or below. Consume or freeze on the day of delivery or the day after delivery.

METHOD

Note: Before cooking, put the pasta on a wooden board and gently untangle any strands that may have stuck together. Ruffle the strands with your fingers so they separate from one another and can cook evenly in the pan.

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre).
2. Cook the pasta in the boiling water for 2-3 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a pan. Take care to ensure you squeeze all the sauce from the pouch. Gently heat until steaming and then turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Sprinkle over the Italian cheese. Serve immediately. Buon appetito!

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Pappardelle (180g):

Durum **WHEAT** Semola, **WHEAT** Flour, **EGG**, Water, Rice Flour

Wild Mushroom Sauce (170g):

Mixed Mushrooms (Chestnut, Porcini, Oyster, Shiitake, Button) (32%), Water, Double Cream (**MILK**), Corn Flour, Tomato, Onion, Carrot, **CELERY**, Extra Virgin Olive Oil, Butter (**MILK**), Salt, Garlic, Rosemary, Porcini Stock, Bay Leaves

Vegetarian Italian Grated Cheese (8g):

MILK, Salt, Rennet (Microbial Coagulant), **EGG** Lysozyme

NUTRITION

per 100g

CALORIES PER SERVING: 737kcal

Energy	861kJ
Calories	206kcal
Fat	6.7g
Of which saturates	3.4g
Carbohydrates	30.4g
Of which sugars	2.6g
Protein	6.3g
Salt	0.5g

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Match all
items with the
sticker marked:

single portion
Livorno

Match all
items with the
sticker marked:

double portion
Livorno



WINE SUGGESTION: Fiano

Fiano is commonly grown in southern Italy, particularly in Campania. Its characteristic nutty, floral and honey notes along with slight spice and tropical fruit flavours make it a perfect pairing for our wild mushroom sauce.

Match all
items with the
sticker marked:

single portion
Milano

Match all
items with the
sticker marked:

double portion
Milano



WINE SUGGESTION: Nero d'Avola

This bold and fruity red wine from Sicily has moderate acidity and moderate tannins. The acidity will match that of the tomato in this sauce and the creaminess from the Mascarpone will balance the tannins.

Paccheri with a Datterini Tomato & Mascarpone Sauce



ABOUT THE DISH

Ah... pomodoro e basilico. These two ingredients – two of Italy's finest – come together to create something sublime. If you have ever enjoyed a fresh caprese salad (whether in the Capri sun or not), you will have noticed that the combination of tomato and fresh basil – known appropriately as the 'king of herbs' – is a beautiful one, despite its near-rustic simplicity.

Indeed, it's this simplicity that underpins la cucina italiana and all its secrets; rather than relying on elaborate preparation and an extensive list of ingredients, Italian food emphasises a small number of ingredients. Each, however, should be of exceptional quality, for there is no place to hide. This dish is one such example.

Our fresh tomato and basil sauce is just that: exceptionally fresh and made with the best pomodori, namely the San Marzano variety, grown in the nutrient-rich soil of Mount Vesuvius. Exquisitely fragrant, fresh basilico is chopped and added to the sauce whilst cooking, as is a small amount of mascarpone cheese, teasing out the taste of the tomatoes and giving the sauce a beautiful orange hue. Serve with a scattering of formaggio and delight in this classic dish.

Note: Store at 5°C or below. Consume or freeze on the day of delivery or the day after delivery.

METHOD

Note: Paccheri can take a little longer to cook. We like 5-6 minutes, but cook for longer if you prefer your pasta soft.

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre).
2. Cook the pasta in the boiling water for 5-6 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a pan and add 1tbsp (15ml) of the boiling pasta cooking water. Take care to ensure you squeeze all the sauce from the pouch. Gently heat until steaming and then turn off the heat.
4. Lift the pasta out of the water and transfer to the sauce. Toss gently to coat.
5. Sprinkle over the Italian cheese. Buon appetito!

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Paccheri (180g):

Durum **WHEAT** Semola, **WHEAT** Flour, **EGG**, Water, Rice Flour

Datterini Tomato, Mascarpone & Basil Sauce (160g):

Tomatoes including Datterini (72%), Mascarpone Cheese (Pasteurised Cow's **MILK**, Cream (**MILK**), Salt, Acidity Regulator; Citric Acid) (8.2%), Water, Onion, Carrot, Extra Virgin Olive Oil, Basil, Salt, Garlic, Sugar, Black Pepper

Vegetarian Grated Cheese (8g):

MILK, Salt, Vegetarian Rennet, **EGG** Lysozyme

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NUTRITION

per 100g

CALORIES PER SERVING: 756kcal

Energy	907kJ
Calories	217kcal
Fat	7.5g
Of which saturates	4.4
Carbohydrates	30.7g
Of which sugars	3.4g
Protein	6.5g
Salt	0.14g

Orecchiette with Sicily's Pistachio Nut Pesto



ABOUT THE 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. Orecchiette are known and loved in their rugged home region of Puglia for their ability to scoop up the smaller elements of a sauce. And this is certainly the case for our beautiful plant-based pesto, the orecchiette allowing flecks of deep green Bronte pistachio to nestle within.

Bronte pistachios are also known as "green gold" in their native Sicily, from where this sauce originates. The delicate nut is renowned throughout the gastronomic world for its rich, nutty flavour and green hue. Indeed, we hope you'll agree this innovative pesto - inspired by Sicily, but given a modern, plant-based twist by leaving out the traditional formaggio - boasts the most beautiful, vibrant colour.

Note: Store at 5°C or below. Consume or freeze on the day of delivery or the day after delivery.

METHOD

Note: Orecchiette can take a little longer to cook. We like around 3 minutes, but cook for longer if you prefer your pasta soft.

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre).
2. Cook the pasta in the boiling water for 3 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the pesto in a large bowl. Take care to ensure you squeeze all the sauce from the pouch. Add 2tbsp (30ml) of the boiling cooking water to the pesto and mix together.
4. Once cooked, transfer the pasta to the pesto. Toss gently to coat.
5. Sprinkle over the pistachio crumb. Serve immediately. Buon appetito!

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Orecchiette (180g):

Durum **WHEAT** Semolina, Water, Rice Flour

Pistachio Pesto (75g):

Pistachio Nuts (**NUTS**) (29%), Extra Virgin Olive Oil, Water, Vegan Cheese (Water, Starch, Modified Starch, Coconut Oil, Sea Salt, Rice Protein, Flavourings, Olive Extract, Colour: B-Carotene, Vitamin B12), Garlic, Salt

Pistachio Crumb (4g):

Pistachio Nuts (**NUTS**)

NUTRITION per 100g

CALORIES PER SERVING: 906kcal	
Energy	1454kJ
Calories	350kcal
Fat	18.1g
Of which saturates	2.5g
Carbohydrates	36.6g
Of which sugars	1.6g
Protein	9.6g
Salt	0.23g

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Match all
items with the
sticker marked:

single portion

Napoli

Match all
items with the
sticker marked:

double portion

Napoli



WINE SUGGESTION: Frascati

This white wine blend made with Malvasia, Trebbiano and other grape varieties is from Lazio. It is usually low alcohol so is a perfect sipping wine but also pairs very well with our pistachio pesto. It characteristically has lemon and flint notes with noticeable minerality.

Match all items with the sticker marked:

single portion

Otranto

Match all items with the sticker marked:

double portion

Otranto



WINE SUGGESTION: Montepulciano d'Abruzzo

Montepulciano d'Abruzzo has strong tannins and low acidity with a rich mouthfeel. It often has pepper notes and darker fruit flavours which pair beautifully with our Amatriciana sauce.

Gnocchi with Sausage Ragù from Sardinia



ABOUT THE DISH

In Sardinia, an Italian island of the Mediterranean, you can ask any passerby - albeit in Sardu, the local language - what the secret to the island's special ragù is. Invariably, should you understand the vernacular, they will tell you that the perfect ragù alla Campidanese (named after the island's Campidano region) relies not on elaborate preparation but the use of as few ingredients as possible. Each, however, must be exquisite. And it's this stripped-back list of ingredients that makes this dish so special.

Whilst the secrets of our butchers' iconic salsiccia will remain so, we can reveal that we cook the sausage meat with a simple combination of the very best tomatoes, fennel seeds, onion and seasoning. And that's it. But don't let the simplicity of its preparation belie its exceptionally meaty flavour. This week, we serve with fresh, gluten free gnocchi dumplings, whose rustic character pairs so well with this comforting ragù.

Note: Store at 5°C or below. Consume or freeze on the day of delivery or the day after delivery.

METHOD

Note: Our gluten free pasta & gnocchi come in a **brown** bag.

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre).
2. Remove the gluten free gnocchi from the brown bag and cook in the boiling water for 1-2 minutes until slightly softened yet maintaining their form.
3. Whilst the pasta cooks, put the sauce in a pan and add 2tbsp (30ml) of the boiling pasta cooking water. Take care to ensure you squeeze all the sauce from the pouch. Gently heat until steaming and then turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Sprinkle over the Italian cheese. Serve immediately. Buon appetito!

INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Gluten Free Gnocchi (200g):

Potato Flakes, Rice Flour, Water, Guar Gum, Salt

Sausage Ragù (160g):

Tomatoes, Pork Sausage (Pork (Origin: UK), Salt, White Wine (**SULPHITES**)) (27%), Water, Onion, Carrots, Extra Virgin Olive Oil, Salt, Garlic, Sugar, Fennel Seeds, Chicken Stock (contains **CELERY** Seeds), Black Pepper

Vegetarian Italian Grated Cheese (8g):

MILK, Salt, Rennet (Microbial Coagulant), **EGG** Lysozyme

NUTRITION

per 100g

CALORIES PER SERVING: 692kcal

Energy	786kJ
Calories	188kcal
Fat	8.3g
Of which saturates	2.7g
Carbohydrates	22.6g
Of which sugars	2.2g
Protein	5.5g
Salt	1.5g

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Nonna Carmela's Tiramisù



ABOUT THE DISH

We love to take inspiration for our dishes from authentic Italian sources, and this delicious tiramisù recipe is a treasured family secret of our head chef Roberta. Passed down the paternal line, by her nonna Carmela, this decadent dessert transports Roberta right back to her childhood. Squabbling around the table with her numerous siblings, the D'Elia clan would fall silent when Nonna Carmela's tiramisù was brought out. The children knew that if they played their cards right they may even get a second piece of the pudding!

Though now enjoyed throughout Italy, as evidenced by its prominence in Roberta's youth, tiramisù was first a leitmotif of Northern Italian gastronomy. Originating from Veneto, the name is derived from the traditional dialect of Treviso where 'tìreme su' means 'pick me up', and we can't help but agree that this tasty treat does exactly what it promises. Created as a nineteenth century aphrodisiac by the maîtresse of a pleasure house, tiramisù quickly became a popular dessert enjoyed by all, despite its somewhat risqué origin story.

Combining creamy mascarpone cheese, rich coffee and deliciously smooth dark chocolate, this decadent dolce is sure to make you feel merry on a cold winter evening. The rich Marsala wine, which is infused throughout, is a sweet, fortified variety which comes from Sicily but has been favoured by Venetian chefs in this special recipe for centuries. Be whisked away to nonna Carmela's cosy kitchen with our indulgent tiramisù.

Note: Store at 5°C or below. Consume on the day of delivery or the day after delivery.



INGREDIENTS (Allergens in **BOLD & CAPITALISED**)

Tiramisù (100g):

Water, Skimmed **MILK**, Vegetable Fat (Coconut, Palm, Cocoa Butter), Coffee (10.6%), Sugar, Glucose-Fructose Syrup, Mascarpone Cheese (Cream (**MILK**), Lactic Acid), **WHEAT** Flour, **EGG**, Butter (**MILK**), Stabiliser Sorbitols, Glucose Syrup, Pasteurised **MILK**, Alcohol, Dextrose, Modified Starch, Cocoa, **LACTOSE**, Sodium Alginate, Pectins, Xanthan Gum, Locust Bean Gum, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Fatty Acids), Lecithins (of Sunflower) and Polyglycerol Esters of Fatty Acids, Starch, **MILK** Proteins, Natural Flavourings, Raising Agents (Diphosphates and Sodium Carbonates), Salt, Maltodextrins

NUTRITION

per 100g

CALORIES PER SERVING: 264kcal	
Energy	1098kJ
Calories	264kcal
Fat	17.5g
Of which saturates	14.6g
Carbohydrates	21.4g
Of which sugars	16.0g
Protein	2.5g
Salt	0.07g

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Match all
items with the
sticker marked:

single portion
Roma

Match all
items with the
sticker marked:

double portion
Roma



NEXT WEEK'S CHEF'S SPECIALS

APRIL 5TH - 11TH

From our delicious wild boar ragù to our pea & mint triangoli, next week's menu has all the components for a pasta feast...



CHEF'S
Special

Tuscany's Famous Wild Boar
Ragù with Pappardelle



CHEF'S
Special

Lobster, Crab & Prawn
Tortelloni with Sage Butter



CHEF'S
Special

'Nduja Sausage & Burrata
Ravioli with Sage Butter



CHEF'S
Special

Pea & Mint Triangoli with
Wild Rocket Pesto

@
#PASTAEVANGELISTS

PRE-ORDER AT [PASTAEVANGELISTS.COM](https://www.pastaevangelist.com)

This menu is made from 100% recyclable materials