

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.

THIS WEEK'S MENU

11TH - 17TH JANUARY

SHARE YOUR PASTA CREATIONS WITH   #PASTAEVANGELISTS



TEAM SPOTLIGHT

Our Founder Alex

Alex (Alessandro) was born in the coastal town of Genoa, in the north-west of Italy. He is half-Italian and half-English, just like the wider Pasta Evangelists team! As a child, he grew up eating *gnocchi al pesto* that was freshly prepared by his nonna, Maddalena. These memories would later provide the idea for Pasta Evangelists. In 2016, Alex began exploring the fresh pasta market in the UK and found it lacking, having seen first hand the joy of truly fresh pasta. He wanted to rectify this, beginning by delivering freshly made gnocchi, like that prepared by his nonna in Genoa, to some of his closest friends in London. Four years on, he hasn't looked back.

This Week's Menu

- A** - Lobster, Crab & Prawn Tortelloni with a Sage Butter Sauce
- B** - Conchiglie alla Puttanesca with Tuna
- C** - Pappardelle with Beef Shin & Barolo Wine Ragù
- D** - Spicy Chorizo Sausage & Beef Shin Ragù Lasagne
- E** - Venetian Duck Ragù with Paccheri
- F** - Spicy 'Nduja Sausage & Taleggio Mezzelune with a Sage Butter Sauce
- G** - "Carbonara of Dreams" with Fresh Bucatini & Crispy Pancetta
- H** - Black Truffle Mac & Cheese
- I** - Mafalde with Cavolo Nero Pesto
- J** - Orecchiette with Broccoli & Chilli Sauce
- K** - Lemon & Mozzarella Ravioli with a Sage Butter Sauce
- L** - Orecchiette with Sundried Tomato Pesto and a Fennel Crumb
- M** - Pumpkin & Sage Triangoli with Wild Rocket Pesto
- N** - Gnocchi with Sausage Ragù from Sardinia
- O** - Spaghetti all'Arrabbiata with a Spicy Tomato Sauce
- R** - Tiramisù




We're all about sharing here at Pasta Evangelists and with our Refer a Friend programme, showing someone you care is easier than ever! Visit pastaevangelists.com/refer to learn more about our reward scheme.

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 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:

Amalfi

Match all
items with the
sticker marked:

double portion

Amalfi

LOBSTER, CRAB & PRAWN TORTELLONI WITH A SAGE BUTTER SAUCE

ABOUT THE DISH

Those lucky enough to have driven along the Italian coastline will be familiar with the small, family-run restaurants that appear on the horizon. As one draws closer, one cannot help but marvel at how beautiful their pale blue facades look against the sun: a sort of seaside fairy tale. But it's the waft of fresh seafood cooking in the kitchens of these little, family-run establishments that is most captivating. From aragosta - lobster in Italian - to the most beautiful crab & prawn, these little coastline eating spots typically source freshly-caught seafood directly from nearby fishermen in the morning, giving them time to prepare the catch and create simple but sublime dishes in time for hungry drivers to feast upon as lunchtime arrives.

In this dish, we've looked to this wonderfully idyllic scene of the Italian coastline for inspiration, choosing to serve this week's tortelloni with mouthwatering lobster, crab and prawn. To accentuate the flavour of - and indeed do justice to - these ingredients, we dress the tortelloni in a simple, but beautiful, butter infused with sage (a fabulous pairing for seafood). To finish, we garnish with a little asparagi di mare (the Italians gorgeously, even poetically, refer to samphire as 'asparagus of the sea'). This final flourish adds a final whisper of the Italian seaside - and at its most beautiful.

Note: While we do our best to remove all shell fragments, pieces may remain in the sauce. 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. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
2. Cook the pasta in the boiling water for around 3 minutes.
3. Whilst the pasta cooks, put the butter and samphire 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 and samphire. Toss gently to coat.
5. Finally, plate and sprinkle with the lemon pangrattato. Buon appetito.

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

Lobster, Crab and Prawn Tortelloni (200g):

Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour "00", **EGG**),
Filling (Mascarpone Cheese (Pasteurised Cow's **MILK**,
Cream (**MILK**), Salt, Acidity Regulator ; Lactic Acid), Peeled
Prawns (**CRUSTACEAN**), Crab Meat (**CRUSTACEAN**), Lobster
(**CRUSTACEAN**), Butter (**MILK**), Onions, Potato Flakes, White
Wine (**SULPHITES**), Garlic, Salt, Parsley, Fresh Chilli Pepper,
White Pepper, Rice Flour

Sage Butter (20g):

Butter (**MILK**), Sage, Salt, Black Pepper

Samphire (9g):

Samphire

NUTRITION

per 100g

CALORIES PER SERVING: 631kcal

Energy	1099kJ
Calories	264kcal
Fat	13.8g
Of which saturates	8.4g
Carbohydrates	26.4g
Of which sugars	1.2g
Protein	9.5g
Salt	0.8g

CONCHIGLIE ALLA PUTTANESCA WITH TUNA

ABOUT THE DISH

The name of this beautiful, beach-evoking pasta shape derives from the Italian word for seashell, "conchiglia". The Italian word "conchiglie", just like the English word "conch", shares the same Greek root in the form of *kochýli*, which means "shell".

And whilst you may not find grains of sand from the Italian coastline within this week's fresh conchiglie, you will find that they are the perfect shape to accommodate this week's limited edition tuna puttanesca sauce. Born in Naples, the largest city of the Campania region, which is also home to the Amalfi Coast, puttanesca is a gutsy, tomato-based sauce, made with plenty of garlic. This gives the dish a fantastically characteristic flavour.

The backstory of pasta "alla puttanesca", too, is equally full of character. The term "pasta alla puttanesca" quite literally refers to pasta made "in the manner of a prostitute". Shocking, we know! Food writers have debated the nomenclature since the dish emerged in the 60s, but the common understanding, though not uttered by more squeamish commentators, is that the dish was born in Naples' case di appuntamenti ("appointment houses"). We hope you'll be able to infer the meaning of an "appuntamento", so we needn't utter it. As preparing the puttanesca sauce was a labour of mere minutes - indeed, simply "throwing whatever together" - this could be done between other, er, obligations.

Note: While we do our best to ensure any olive pits are removed prior to cooking, there may be some fragments present in the sauce. 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 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
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 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. Finally, plate and serve. Buon appetito.

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

Conchiglie (180g):

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

Tuna Puttanesca Sauce (160g):

Tomatoes, Tuna (**FISH**), Black Olives, Anchovy Fillets (**FISH**), White Wine (**SULPHITES**), Capers, Extra Virgin Olive Oil, Salt, Garlic, Sugar, Black Pepper, Oregano, Natural Flavour

NUTRITION per 100g

CALORIES PER SERVING: 595kcal	
Energy	767kJ
Calories	183kcal
Fat	2.4g
Of which saturates	0.6g
Carbohydrates	30.9g
Of which sugars	2.9g
Protein	5.2g
Salt	0.8g

Match all
items with the
sticker marked:

Bologna

Match all
items with the
sticker marked:

double portion

Bologna



Match all
items with the
sticker marked:

Capri

Match all
items with the
sticker marked:

double portion

Capri



PAPPARDELLE WITH BEEF SHIN & BAROLO WINE RAGÙ

ABOUT THE DISH

This dish is, quite literally, fit for a king. This is because this 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. There is evidence of the cultivation of land to best support the growth of this varietal dating back over 2,500 years, helping us understand why this wine has so firmly ensconced itself in the gastronomy of Piedmont. Despite the restrictions on its production, Barolo is popular across Italy and the world. In fact, some 20% of Italians would select this wine to accompany their most significant celebratory meals!

Despite the royal associations of our Barolo wine, 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 Italian 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 available in peasant gardens, 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. When cooked in this manner, with an abundance of time and care, the beef becomes deliciously tender, falling off the bone. Paired with thick strands of pappardelle, which have their origins in the fourteenth century, our ragù is the pezzo forte (the pièce de résistance) of this special dish. Sprinkle with formaggio and enjoy a feast fit for kings.

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

METHOD

Note: Before transferring to the pan, untangle any strands of pasta that might be stuck together.

1. Bring a large saucepan of water to the boil. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
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. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

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

Pappardelle (180g):

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

Beef & Barolo Ragù (180g):

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

Vegetarian Italian Grated Cheese (8g):

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

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

SPICY CHORIZO SAUSAGE & BEEF SHIN RAGÙ LASAGNE

ABOUT THE DISH

There is, of course, to be no denying that chorizo - or chouriço - is an indubitably Iberian sausage, hailing from Italy's Latin brothers Spagna and Portogallo. However, in our pasta evangelism we search far and wide for the perfect fillings for our ever-more-adventurous lasagne, and, in this version, one of our most beautiful creations has been born, so we hope you'll forgive our venturing beyond il bel paese.

Indeed, this week's lasagne is a meat lover's paradise. Prepared with generous amounts of deeply savoury chorizo sausage, as well as a hearty quotient of our signature beef shin ragù. Whilst our somewhat deviant lasagne may not be entirely Italian in extraction (whilst it's common to find lasagne featuring sausage in Italy, the inclusion of Spanish sausage would be anathema to most), its preparation is wholly traditional. Our chefs carefully layer sausage and ragù between sheets of lasagne, incorporating spoonfuls of luscious, creamy besciamella as they merrily go... and merrily you shall join them.

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 180°C. **Please disregard the cooking instructions printed on the sleeve. These are out-of-date and will be updated in our next production of packaging.**
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 a baking tray.
3. Once the oven has reached 180°C, place the baking tray into the oven and cook for **25-30 minutes**, until the top has crispened up and the pasta is piping hot.
4. When it's ready, use a fish slice to remove your oven pasta from the card box. Serve immediately. Buon appetito!

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

Spicy Chorizo & Beef Lasagne (350g):
Béchamel Sauce (**MILK**, **WHEAT** Flour, Butter (**MILK**), Salt, Pepper), Beef Ragù (Mince Beef (Origin: Republic of Ireland), Tomatoes, Red Wine (**SULPHITES**), Onion, Carrot, **CELERY**, Rosemary, Garlic, Mint, Thyme, Bay Leaf, Salt, Black Pepper, Olive Oil), Lasagne Pasta (**WHEAT** Flour, Free Range **EGG**, Durum **WHEAT** Flour, Salt), Chorizo (Pork (Origin: EU), Salt, Paprika, Lactose, Cayenne Pepper, Garlic, Dextrose, Antioxidant (Sodium Erythorbate), Preservatives (Sodium Nitrate), Nutmeg, Oregano), Italian Grated Cheese (**MILK**, Salt, Rennet)

NUTRITION per 100g

CALORIES PER SERVING: 678kcal	
Energy	678kJ
Calories	162kcal
Fat	9.0g
Of which saturates	4.3g
Carbohydrates	10.8g
Of which sugars	3.5g
Protein	8.4g
Salt	1.4g



Match all
items with the
sticker marked:

Dante

Match all
items with the
sticker marked:

double portion

Dante

Match all
items with the
sticker marked:

Etna

Match all
items with the
sticker marked:

double portion

Etna



VENETIAN DUCK RAGÙ WITH PACCHERI

ABOUT THE DISH

The city of Venice is one defined by its heritage - from the grand Byzantine architecture that rises from the landscape, to its labyrinthine canals and waterways. A direct path to the Adriatic Sea, echoes of the Ottoman Empire ring throughout the city. Venice's Middle Eastern heritage endures in its modern cuisine, too: spices like cinnamon, saffron, and nutmeg are commonplace in Venetian cooking. Few dishes are more emblematic of this heritage than the classic Venetian duck ragù, which blends rich duck meat with wine, bay leaf, and exotic herbs and spices.

As is often the case in Italy, the origin of duck ragù is disputed. Some suggest the dish was the brainchild of Catherine de' Medici in the sixteenth century, who sought to take advantage of the abundance of birds that lived on the River Arno in Tuscany. However, most regard this dish as quintessentially Venetian. Indeed, duck had long been domesticated during the days of the Republic of Venice, and an early version of this ragù was commonly enjoyed with bigoli pasta. While many Venetian restaurants still honour this traditional pairing, we like to serve this ragù with several other pasta shapes, including paccheri, whose cavernous interiors invite the rich meat sauce to nestle within.

Note: While we do our best to ensure any bones are removed prior to cooking, there may be some fragments present in the sauce. 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. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
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 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. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

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

Paccheri (180g):

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

Duck Ragù (180g):

Tomato, Duck Leg, Cherry Tomatoes, Onion, Carrot, Taggiasche Olives, White Wine (**SULPHITES**), Extra Virgin Olive Oil, Garlic, Black Pepper, Rosemary, Chicken Stock (contains **CELERY** Seeds), Salt, Sugar, Bay Leaf

Vegetarian Italian Grated Cheese (8g):

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

NUTRITION

per 100g

CALORIES PER SERVING: 715kcal

Energy	812kJ
Calories	194kcal
Fat	4.1g
Of which saturates	1.3g
Carbohydrates	29.0g
Of which sugars	3.1g
Protein	10.0g
Salt	0.25g

SPICY 'NDUJA SAUSAGE & TALEGGIO MEZZELUNE WITH A SAGE BUTTER SAUCE

ABOUT THE DISH

Imagine a languorous late afternoon in the far southern region of Calabria. You take an outdoor seat at a café, legs in the sun but your head shaded by a large awning. Settling in for the remainder of the day's sun, you watch life pass by. Nuns lick brightly-coloured gelato from cones, dogs lie on cobblestones made hot by the sun and Mount Stromboli, an active volcano straddling an eponymous island in the Tyrrhenian Sea, can be seen on the horizon. As the sun rescinds and the warm Calabrian evening sets in, the donna, Elisabetta, brings you her house special: ravioli, handmade in her kitchen and stuffed with a regional delicacy: 'nduja.

'Nduja, for the uninitiated, is a spicy sausage from Calabria, made with the region's native chillies, and has a spreadable, pâté-like consistency not dissimilar to Spain's sobrassada. In this recipe, inspired by this scene of slow-paced Calabrian life, we've combined 'nduja with Taleggio cheese, tempering the ferocious heat of the 'nduja whilst transforming its deep red colour to a pretty coral. Be warned, though: this is still one of the spiciest dishes we serve at Pasta Evangelists - but for lovers of spice and rich, savoury flavour, we think you'll find it just delicious.

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. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
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. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

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

'Nduja & Taleggio Mezzelune (200g):

Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour, Pasteurised **EGG**, Water), Filling (Ricotta Cheese (**MILK**), Taleggio (**MILK**, Salt, Rennet), 'Nduja (Pork, Salt, Chili), Grana Padano Cheese (**MILK**, Rennet, Salt, **EGG** Lysozyme), Potato Flakes, Olive Oil, Salt, Black Pepper)

Sage Butter (20g):

Butter (**MILK**), Sage, Salt, Black Pepper

Vegetarian Italian Grated Cheese (8g):

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

NUTRITION per 100g

CALORIES PER SERVING: 723kcal

Energy	1321kJ
Calories	317kcal
Fat	19.3g
Of which saturates	10.5g
Carbohydrates	25.3g
Of which sugars	1.3g
Protein	11.6g
Salt	1.1g

Match all
items with the
sticker marked:

Firenze

Match all
items with the
sticker marked:

double portion

Firenze

Match all
items with the
sticker marked:

Genova

Match all
items with the
sticker marked:

double portion

Genova



"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 its name derived from when charcoal burners were used to cook the dish over campfires. In true Pasta Evangelists style, 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 transferring to the pan, untangle any strands of pasta that might be stuck together.

1. Bring a large saucepan of water to the boil. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
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 low and let the pan rest for a minute before adding the sauce. Take care to ensure you squeeze all the sauce from the pouch. Once added, cover with a lid and heat until steaming. When the sauce is steaming, turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

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

Bucatini (180g):

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

Carbonara (135g):

Cream (**MILK**), Italian Grated Cheese (**MILK**, Salt, Rennet), **EGG** Yolk, Water, Black Pepper, Turmeric

Pancetta (35g):

Pork, Salt, Dextrose, Spices and Flavourings, 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



BLACK TRUFFLE MAC & CHEESE

ABOUT THE DISH

Whilst this dish may seem more American than Italian, having become a somewhat scorned staple across the pond, we have been led to believe that macaroni cheese has more than a little heritage in Italia. Legend has it that Thomas Jefferson introduced the classic macaroni and cheese to America following a jaunt in Italy, and it is said that his daughter, Mary Randolph, served macaroni cheese as her signature dish when playing hostess. Whilst she favoured rich Italian cheeses for companionship with her pasta twirls, over the years it has become more common to use Cheddar cheese in this hearty symbol of America.

Paying homage to Mary, we incorporate Italian cheese into our sauce before combining with Cheddar and Emmental. The rest, as you'll very well see, is a sumptuous formaggio blanket for our fresh macaroni. We've also elevated this classic dish to new heights with black truffle shavings and a glug of truffle oil, offering you a taste of Piemontese cuisine at its finest. Foraged for centuries by locals across the region and their trusted truffle-hunting hounds, these magnificent morsels, with their rich, earthy flavour, are a fantastic addition to the classic macaroni cheese. Be transported to the dense woodland that adorns the shores of Lago di Mergozzo, a natural beauty spot in the northern corner of Piedmont, and get cozy chalet-style with a plate of this supremely cheesy creation.

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 180°C. **Please disregard the cooking instructions printed on the sleeve. These are out-of-date and will be updated in our next production of packaging.**
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 a baking tray.
3. Once the oven has reached 180°C, place the baking tray into the oven and cook for **25-30 minutes**, until the top has crispened up and the pasta is piping hot.
4. When it's ready, use a fish slice to remove your oven pasta from the card box. Serve immediately. Buon appetito!

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

Truffle Mac & Cheese (350g):

Pasta (Durum **WHEAT** Flour, Water), Filling (**MILK**, Cheddar (**MILK**, Salt, Starter Culture), Emmental Cheese (**MILK**, Salt, Starter Culture), Italian Grated Cheese (**MILK**, Salt, Vegetarian Rennet, **EGG** Lysozyme), Black Truffle Sauce (Mushrooms, Sunflower Oil, Olive Oil, Black Olives, Salt, Summer Truffle (Tuber Aestivum Vit, Flavouring) Black Truffle, Truffle Oil (Extra Virgin Olive Oil, Truffle Flavouring), Plain Flour (**WHEAT**), Chives, Salt, Black Pepper), Rice Flour, Pangrattato (Breadcrumbs (**WHEAT**), Olive Oil, Salt, Black Pepper)

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:

Hurra

Match all
items with the
sticker marked:

double portion

Hurra



Match all
items with the
sticker marked:

Imola

Match all
items with the
sticker marked:

double portion

Imola



MAFALDE WITH CAVOLO NERO PESTO



ABOUT THE DISH

Cavolo nero ("black cabbage") pesto is a typical winter condiment present in any respectable Tuscan kitchen. This type of kale grows mainly in the central regions of Italy and this unique sauce is prepared using the crispy looking tasty vegetable as a base together with pine nuts, extra virgin olive oil, garlic, vegetarian cheese and a pinch of salt. Cavolo nero is used in many other recipes and has earned its place in the realm of pestos owing to its wonderful colour and health-giving properties (amongst other things, cavolo nero has been hailed by scientists for lowering bad cholesterol levels).

This week, we serve our salubrious, green-hued pesto with tangles of fresh mafalde pasta. Mafalde, also known as "reginette" (Italian for "little queens") are an alluring, ribbon-shaped pasta with beautiful wavy edges and a striking appearance. In 1995, the Italian government commemorated the Princess Mafalda of Savoy with a limited edition stamp. Princess Mafalda died during the Second World War, whilst detained in a German concentration camp. The mafalde pasta is said to evoke the princess' curls. This wasn't the first time Princess Mafalda's life had been marked by tragedy: the SS Principessa Mafalda Italian transatlantic ocean liner was named after her. This was one of the most luxurious ships at the time. Unfortunately, it sank off the coast of Brazil in 1927.

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

METHOD

Note: Before transferring to the pan, untangle any strands of pasta that might be stuck together.

1. Bring a large saucepan of water to the boil. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
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 2 tbsp (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. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

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

Mafalde (180g):

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

Cavolo Nero Pesto (75g):

Cavolo Nero, Extra Virgin Olive Oil, Vegetarian Italian Grated Cheese (**MILK**, Salt, Rennet (Microbial Coagulant)), Pine Nuts, Salt, Garlic

Vegetarian Italian Grated Cheese (8g):

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

NUTRITION per 100g

CALORIES PER SERVING: 816kcal

Energy	1293kJ
Calories	310kcal
Fat	12.3g
Of which saturates	3.0g
Carbohydrates	39.6g
Of which sugars	3.0g
Protein	9.9g
Salt	0.5g

ORECCHIETTE WITH BROCCOLI & CHILLI SAUCE



ABOUT THE DISH

The word "broccoli" comes from the Italian broccolo, which roughly translates as "the flowering crest of a cabbage". The brassica is native to the Mediterranean, engineered by early horticulturalists in Tuscany. Revered by Italian natives since the Roman era, the vegetable is so synonymous with "lo Stivale" that, upon its arrival in England around the mid-18th century, broccoli was referred to as "Italian asparagus". While broccoli is a cold-weather crop, we've given the vegetable a distinctly summery twist, in the form of a vibrant broccoli pesto, flecked with warming red chilli. Fragrant basil and heady garlic finish the sauce, which gains its signature creaminess and rustic texture from a mixture of pine nuts and almonds.

In Puglia, broccoli is typically served with orecchiette pasta, which, in turn, is our pasta of choice to pair with this vibrant pesto. Orecchiette, translating to "little ears" in reference to their shape, are a pasta bianca (or white pasta, made without egg). This shape is prepared by nonne throughout Puglia by hand, and is synonymous with Southern Italy's "cucina povera", or poor man's kitchen. Historically, the impoverished south could ill-afford to prepare pasta with eggs, a tradition associated with Italy's northern regions, which, to this day, remain disproportionately better-off. We serve our light pasta and fresh, nutrient-rich pesto with a fennel crumb for an authentic taste of Puglia.

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. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
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 2 tbsp (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. Finally, plate and sprinkle with the fennel taralli crumb. Buon appetito.

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

Orecchiette (180g):

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

Broccoli & Chilli Pesto (75g):

Broccoli, Olive Oil, Basil, Pine Nuts, Blanched Almonds (**NUTS**), Garlic, Salt, Red Chilli

Fennel Taralli Crumb (5g):

WHEAT Flour, Yeast, Water, Olive Oil, Fennel Seeds, Black Pepper, Salt

NUTRITION

per 100g

CALORIES PER SERVING: 650kcal

Energy	1042kJ
Calories	250kcal
Fat	7.6g
Of which saturates	0.9g
Carbohydrates	37.1g
Of which sugars	1.1g
Protein	7.8g
Salt	0.7g

Match all
items with the
sticker marked:

Julius

Match all
items with the
sticker marked:

double portion

Julius



Match all
items with the
sticker marked:

Kilo

Match all
items with the
sticker marked:

double portion

Kilo



LEMON & MOZZARELLA RAVIOLI WITH A SAGE BUTTER SAUCE



ABOUT THE DISH

Where better to take inspiration for this week's zesty lemon & mozzarella ravioli than the Amalfi Coast, one of Italy's most treasured sights, and home to one of the world's most coveted types of limone? Indeed, the Amalfi lemon has long enjoyed prominence in Campanian cuisine - from tart limoncello to zesty pasta al limone. Amalfi lemons are referred to as sfusato Amalfitano in native tongue. This is perhaps in reference to their elongated shape, as "sfusato" roughly translates as "spindle". Known for its strong fragrance and for a flavour less acidic than other types of lemon, it is not an uncommon sight to observe locals enjoying the citrus in its entirety - pith, rind and all!

We pay homage to the Amalfi lemon by stirring its aromatic juice into creamy mozzarella, that is also flecked by the lemon's milder, sweeter peel. Although remarkably simple, this combination could scarcely be more Italian in spirit. These refreshing pockets of filling are surrounded by fresh pasta and drizzled with burro e salvia, a mouth-watering butter combined with freshly chopped sage - the leaves of which lend an aromatic flavour to the butter. To crown our ravioli, we sprinkle over a scattering of tangy formaggio.

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. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
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. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

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

Amalfi Lemon & Mozzarella Ravioli (200g):

Fresh Pasta (Durum **WHEAT** Semola, Soft **WHEAT** Flour, Pasteurized **EGG**, Rice Flour), Filling (Mozzarella Cheese (**MILK**), Ricotta Cheese (**MILK**), Lemon Zest, Salt, White Pepper, Natural Flavouring)

Sage Butter (20g):

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

Vegetarian Italian Grated Cheese (8g):

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

NUTRITION

per 100g

CALORIES PER SERVING: 664kcal

Energy	1214kJ
Calories	291kcal
Fat	18.3g
Of which saturates	10.9g
Carbohydrates	16.9g
Of which sugars	3.1g
Protein	15.4g
Salt	1.6g

ORECCHIETTE WITH SUNDRIED TOMATO PESTO AND A FENNEL CRUMB



ABOUT THE DISH

Orecchiette, literally 'ears' in Italian, are a perfect example of how amazing pasta can be. Using only flour and water, the little ear shapes have a firm bite, but a soft interior. This week we serve these intricate pieces of pasta in a special pesto which hails from the sun-drenched Mediterranean island of Sicily, hence it is commonly known as pesto alla Siciliana. Made with some of Italy's sweetest, most fragrant tomatoes, this pesto has a wonderfully vibrant red colour, distinguishing it from its green-bodied brother from Genova in the northeastern region of Liguria. Combined with the finest extra virgin olive oil, this beautiful pesto evokes the balmiest of summer days spent in Sicily. We serve with a crunchy fennel taralli, adding wonderful savoury depth and completing this delightful dish.

Journey with us to the island paradise of Sicily through the transportive medium of perfect pasta. We promise swathes of golden sand, vast expanses of turquoise ocean and, of course, lots of delicious pasta to give you an authentic taste of this stunning region. Buon appetito!

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. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
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 2 tbsp (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. Finally, plate and sprinkle with the fennel taralli crumb. Buon appetito.

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

Orecchiette (180g):

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

Sundried Tomato Pesto (75g):

Semi Dried Tomatoes, Olive Oil, Almonds (**NUTS**), Basil)

Fennel Taralli Crumb (5g):

WHEAT Flour, Yeast, Water, Olive Oil, Fennel Seeds, Black Pepper, Salt

NUTRITION

per 100g

CALORIES PER SERVING: 770kcal

Energy	1235kJ
Calories	296kcal
Fat	7.8g
Of which saturates	1.0g
Carbohydrates	45.7g
Of which sugars	8.9g
Protein	10.1g
Salt	0.10g

Match all
items with the
sticker marked:

Livorno

Match all
items with the
sticker marked:

double portion

Livorno



Match all
items with the
sticker marked:

Milano

Match all
items with the
sticker marked:

double portion

Milano





PUMPKIN & SAGE TRIANGOLI WITH WILD ROCKET PESTO

ABOUT THE DISH

"Pasta ripiena" (filled pasta) "alla zucca" (with pumpkin) is a specialty of the Italian regions surrounding the River Po, notably Lombardia and Emilia-Romagna. And whilst the exact origin of pumpkin ravioli is hotly debated, as both Mantova and Ferrara have early records of this dish, and therefore both take credit, we have our suspicions that Lombardy may just have the stronger claim. Despite its small size compared to most global producers, Italy is the world's 8th largest provider of pumpkins, proof of Italian adoration for this delicate, fleshy fruit in its staple pasta dishes. In fact, Venzone, a commune in the northeastern corner of Italy, boasts the world's largest pumpkin festival. This annual event attracts many visitors every year and is rooted in the culinary history that has evolved around "la zucca".

In any case, in homage to these gastronomic centres of Northern Italy, this week we've filled our fresh triangoli (triangle-shaped ravioli) with a beautifully orange and sweet-fleshed pumpkin filling. We've also infused the filling with fresh sage, which is a fantastic pairing for pumpkin, tempering its sweetness and adding savoury depth. Serve with our fresh and 100% plant-based rocket sauce for an authentic, if modern, take on this speciality of Northern Italy.

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 pesto.

1. Bring a large saucepan of water to the boil. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
2. Cook the pasta in the boiling water for around 3 minutes.
3. Whilst the pasta cooks, put the pesto in a large bowl. Add 1 tsp of the boiling cooking water to loosen and stir it through.
4. Lift the pasta out of the water and transfer to the pesto. Toss gently to coat.
5. Finally, plate and serve. Buon appetito.

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

Pumpkin & Sage Triangoli (200g):

Pasta (**WHEAT** Flour, Durum **WHEAT** Semola, Sunflower Oil, Sugar, Salt), Filling (Pumpkin (89%), Emulsifier (Potato Flakes, Starch, Rice Flour, Vegetable Fibre), Sage (0.9%), Salt, Black Pepper), Rice Flour

Wild Rocket Sauce (30g):

Wild Rocket, Extra Virgin Olive Oil, Walnuts (**NUTS**), Garlic, Salt

NUTRITION per 100g

CALORIES PER SERVING: 490kcal

Energy	888kJ
Calories	213kcal
Fat	8.3g
Of which saturates	1.1g
Carbohydrates	28.9g
Of which sugars	1.6g
Protein	4.8g
Salt	1.1g

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

1. Bring a large saucepan of water to the boil. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
2. Cook the gnocchi in the boiling water for 1-2 minutes until slightly softened yet maintaining their form. Take care not to overcook the delicate gnocchi.
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. Finally, plate and sprinkle with the Italian cheese. 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, Salt, Black Pepper, White Wine (**SULPHITES**), Garlic) (Origin: UK) (42%), 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

*Our gluten-free pasta is handled in an environment where products containing gluten are also handled. We have procedures in place to minimise the risk any cross-contact/contamination of all the allergens that are handled as part of our operation. However, we cannot guarantee that there will not be any traces present in your food.

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

Match all
items with the
sticker marked:

Napoli

Match all
items with the
sticker marked:

double portion

Napoli



Match all
items with the
sticker marked:

Otranto

Match all
items with the
sticker marked:

double portion

Otranto



SPAGHETTI ALL'ARRABBIATA WITH A SPICY TOMATO SAUCE



ABOUT THE DISH

It is sometimes said that the proof of fine talent is not in the mastery of complexity, but in doing the simple things brilliantly. If that is so, this dish pays homage to the traditional, Roman arrabbiata in the most meaningful way.

The name of this dish - arrabbiata - refers to the "angry" heat of the chilli-laced tomato sauce. The inclusion of beautiful, fiery Italian chilli flakes in the arrabbiata sauce distinguishes it from the other classic tomato sauces in the Italian repertoire.

Indeed, verandas of homes across the Italian south are adorned with beautiful hanging chillies so that, when the need for heat presents itself, an arrabbiata sauce can be conjured up at short notice. And whilst the chilli flakes are important, so too is the generous quotient of garlic, adding an aromatic and gutsy vibrance to this traditional sauce from Lazio, which we serve with beautiful strands of fresh, gluten free spaghetti.

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

METHOD

Note: Before transferring to the pan, untangle any strands of pasta that might be stuck together.

1. Bring a large saucepan of water to the boil. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
2. Cook the pasta 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. Finally, plate and serve. Buon appetito.

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

Gluten Free Spaghetti (180g):

Flour Blend (White Rice, Brown Rice, Potato, Tapioca, Buckwheat, Maize, Quinoa), Xanthan Gum, Water, Olive Oil, Salt, Turmeric, Sunflower Lecythin

Arrabbiata Sauce (135g):

Tomato, Onion, Carrot, Fresh Chillies (Bird's Eye, Scotch Bonnet, Jalapeno), Extra Virgin Olive Oil, Salt, Fresh Basil, Garlic, Sugar, Black Pepper, Dried Chillies

*Our gluten-free pasta is handled in an environment where products containing gluten are also handled. We have procedures in place to minimise the risk any cross-contact/contamination of all the allergens that are handled as part of our operation. However, we cannot guarantee that there will not be any traces present in your food.

NUTRITION per 100g

CALORIES PER SERVING: 447kcal

Energy	550kJ
Calories	132kcal
Fat	4.0g
Of which saturates	1.1g
Carbohydrates	15.8g
Of which sugars	3.0g
Protein	7.2g
Salt	1.0g

TIRAMISÙ

ABOUT THE DISH

Since its coffee-centric inception, tiramisù has become a leitmotif of Northern Italian gastronomy, particularly in the domain of dolce, or desserts. Originating from Treviso, a city in the region of Veneto, the name is derived from the traditional dialect of Treviso where 'tireme su' means 'pick me up', and we can't help but agree that this tasty treat does exactly what its name promises. First created as a nineteenth century aphrodisiac by the maîtresse of a pleasure house, tiramisù quickly became a popular dessert enjoyed by the social elite, despite its somewhat risqué origin story.

Combining creamy mascarpone cheese, an enriched coffee mixture 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 the moonlit canals of Venice with our indulgent tiramisù.

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

METHOD

1. Remove all packaging and serve. Buon appetito!



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

Match all
items with the
sticker marked:

Roma

Match all
items with the
sticker marked:

double portion

Roma



Next Week's Menu

JANUARY 18TH - 24TH

We've got exciting things ahead next week with several new dishes appearing on our menu. From our lobster squid ink tortelloni in a langoustine bisque to truffle Alfredo, there's something delicious on offer for everyone...



PRE-ORDER AT [PASTAEVANGLISTS.COM](https://pastaevanglists.com)

This menu is made from 100% recyclable materials