

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

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25TH - 31ST JANUARY

SHARE YOUR PASTA CREATIONS ON   #PASTAEVANGELISTS



## TEAM SPOTLIGHT

# Meet Cass, our Chief Operating Officer

Cass is one of the newest members of our team here at Pasta Evangelists and we're excited to introduce her. Long before she entered the world of operations, Cass was a semi-professional footballer and we reckon she could give Alex, our founder and fellow football fanatic, a run for his money on the pitch.

Cass' favourite part of Italy is Sicily. She loves its pick and mix of cultural heritage, vibrant coastal towns and beautiful inland scenery - and she won't be forgetting her trip to the magnificent Mount Etna in a hurry!

Cass is loving her new role heading up our operations and she is looking forward to enhancing the magic of the Pasta Evangelists experience in the year ahead - watch this space!

# THIS WEEK'S Menu

Lobster, Crab & Prawn Ravioli with a Sage Butter Sauce.....	<b>A</b>
Courgette & Scamorza Ravioli with a Sage Butter Sauce .....	<b>B</b>
Martina's Sardinian Lamb Ragù with Fresh Conchiglie .....	<b>C</b>
Tuscany's Famous Wild Boar Ragù with Fresh Pappardelle .....	<b>D</b>
Fettuccine with Spicy 'Nduja Sausage, Lemon and Mascarpone	<b>E</b>
Beef Shin & Valpolicella Wine Tortelloni in Sage Butter Sauce	<b>F</b>
Lombardy's Sausage & Saffron Sauce with Rigatoni.....	<b>G</b>
Squash, Speck & Provola Mezzelune with Sage Butter Sauce....	<b>H</b>
Rigatoni alla Norma with Ricotta Salata Cheese .....	<b>I</b>
Pappardelle with a Wild Mushroom Sauce.....	<b>J</b>
Black Truffle & Burrata Ravioloni with Truffle Butter .....	<b>K</b>
Orecchiette all'Arrabbiata with a Spicy Tomato Sauce .....	<b>L</b>
Pea & Mint Triangoli with Wild Rocket Pesto .....	<b>M</b>
Gnocchi with Beef Shin & Barolo Wine Ragù .....	<b>N</b>
Fettuccine with Black Truffle Alfredo .....	<b>O</b>
Aperitivo Snack Box.....	<b>Q</b>



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](https://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:

single portion  
**Amalfi**

Match all  
items with the  
sticker marked:

double portion  
**Amalfi**



### WINE SUGGESTION: Soave

Soave is a dry white wine produced in the Veneto region of northern Italy. It is light to medium-bodied with pleasant fruity notes. It pairs beautifully with seafood dishes.

# Lobster, Crab & Prawn Ravioli 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 you draw closer, you 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, establishments that is most captivating. From aragosta, "lobster, to the most beautiful crab and prawn, these little coastal eateries serve up freshly-caught seafood supplied by local fishermen in the morning, giving them time to prepare the catch and create simple but sublime dishes for hungry drivers arriving around lunchtime.

In this dish, we've looked to this wonderfully idyllic scene for inspiration, choosing to serve this week's ravioli with mouthwatering lobster, crab and prawn. To accentuate the flavour of, and indeed do justice to, these ingredients, we dress the ravioli 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 poetically refer to samphire as "asparagus of the sea"). This final flourish adds a whisper of the Italian seaside at its most enchanting.

**Note: While we do our best to remove all shell fragments, as the crab meat is hand-picked pieces may remain in the filling. 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). 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 season with salt and pepper to taste. Serve immediately. Buon appetito!

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

Lobster, Prawn and Crab Ravioli (200g):

Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour "00", **EGGS**),

Filling (Mascarpone Cheese (Pasteurised Cow's **MILK**,

Cream (**MILK**), Salt, Acidity Regulator ; Lactic Acid), 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: 789kcal**

Energy	1425kJ
Calories	342kcal
Fat	12.3g
Of which saturates	8.8g
Carbohydrates	11.2g
Of which sugars	1.8g
Protein	7.5g
Salt	0.7g

# Courgette & Scamorza Ravioli with a Sage Butter Sauce



## ABOUT THE DISH

In this delicate dish, our inspiration comes from the Bay of Naples, more specifically a local beachside restaurant near Sorrento called *Maria Grazia*. This marks the spot where, in the early 1950s, a local restaurateur named Maria invented Pasta alla Nerano, a humble courgette pasta dish, which soon became legendary in this part of the world. Chefs along the Amalfi Coast have since imitated the recipe, transforming the dish into a traditional delicacy in the region.

For our ravioli filling, we pair fresh courgette with scamorza, a smoked cheese typical of Campania. This distinct pear-shaped cheese earns its name from its production process, in which the formed scamorza is hung up and left to ripen for around 2 weeks. Somewhat barbarically, in Southern Italy *scamorza* roughly translates to "strangle" - a nod to the hanging of the cheese. To serve our ravioli, we've selected a deliciously aromatic sage butter, as well as a generous sprinkling of Italian cheese.

**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). 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. Sprinkle over the Italian cheese. Season with salt and pepper to taste. Serve immediately. Buon appetito!

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

Courgette & Scamorza Ravioli (200g):

Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour, Pasteurized **EGG**, Rice Flour), Filling (Courgettes, Mascarpone Cheese (**MILK**), Scamorza Cheese (**MILK**), Vegetarian Hard Grated Cheese (**MILK**, Salt, Vegetarian Rennet), Emulsifier (Potato Flakes, Starch, Rice Cream, Vegetable Fibre), Salt, Pepper), Rice Flour

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: 545kcal	
Energy	996kJ
Calories	239kcal
Fat	16.9g
Of which saturates	10g
Carbohydrates	15.3g
Of which sugars	1.5g
Protein	8.4g
Salt	0.7g



Match all  
items with the  
sticker marked:

*single portion*

**Bologna**

Match all  
items with the  
sticker marked:

*double portion*

**Bologna**



### WINE SUGGESTION: Orvieto

Orvieto is a white wine blend usually containing Grechetto, Procanico, Verdello, Drupeggio and Malvasia Bianca. It is produced in the regions of Umbria and Lazio. Characteristically light it has a delicate aroma with a slightly bitter finish.



Match all  
items with the  
sticker marked:

single portion  
**Capri**

Match all  
items with the  
sticker marked:

double portion  
**Capri**



## 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 1tbsp per litre). 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 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. Season with salt and pepper to taste. Serve immediately. Buon appetito!

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

Conchiglie (180g):

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

Lamb Shoulder Ragù (180g):

Lamb Shoulder (33%), Tomato, Water, Onion, Carrot, **CELERY**,  
Lamb Stock (contains **SULPHITES**), Extra Virgin Olive Oil, Mint,  
Salt, Garlic, Sugar, Rosemary, Bay Leaf, Thyme, Black Pepper

Vegetarian Italian Grated Cheese (8g):

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

	per 100g
CALORIES PER SERVING: <b>745kcal</b>	
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

# Tuscany's Famous Wild Boar Ragù with Fresh Pappardelle

## ABOUT THE DISH

Known as the unofficial mascot of Tuscany, wild boar, or cinghiale as it's known in the vernacular, has the dubious honour of being both a local emblem and a local delicacy. Despite the rather conflicting status of this animal – eaten and revered in equal measure – it features as a statue in Florence. Known locally as "Il Porcellino", it's said to be good luck to touch the nose of this bronze beast! Indeed, we certainly touched his nose during the last visit we made to Florence. The animals forage in local woodlands, mainly concentrated around the coastal area of Maremma, occasionally causing mischief in vineyards and gardens, but Tuscans adore the rich, gamey flavour they lend to local dishes. Our ragù follows the time-honoured Tuscan method of gently stewing the wild boar with red wine, juniper berries and plenty of tomatoes – a dish known locally as "cinghiale in umido" – until rich and luxuriant.

This sauce pairs perfectly with our fresh pappardelle. Like this ragù, pappardelle also originate in Tuscany and are one of the thickest flat pastas, perfect for sopping up meat sauces. The word "pappardelle" comes from the verb pappare, meaning to "gobble up", which is exactly what people eating this pasta do.

**Note: As boar is a wild animal that is hunted, there may be pellets remaining in the meat ragù. 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). 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 2-3 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. Season with salt and pepper to taste. Serve immediately. Buon appetito!

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

Pappardelle (180g):

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

Wild Boar Ragù (180g):

Tomatoes, Wild Boar (Origin: Republic of Ireland) (12%), Pork, Chicken Stock (contains **CELERY** Seeds), Onion, Red Wine (**SULPHITES**), **CELERY**, Carrot, Olive Oil, Garlic, Salt, Black Pepper, Juniper Berries, Bay Leaf

Vegetarian Italian Grated Cheese (8g):

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

## NUTRITION per 100g

**CALORIES PER SERVING: 773kcal**

Energy	879kJ
Calories	210kcal
Fat	5.7g
Of which saturates	1.8g
Carbohydrates	28.4g
Of which sugars	2.4g
Protein	10.0g
Salt	0.4g



Match all  
items with the  
sticker marked:

single portion  
**Dante**

Match all  
items with the  
sticker marked:

double portion  
**Dante**



## WINE SUGGESTION: Chianti Classico

As boar has quite a strong flavour, this pasta is best enjoyed with a bold, fruit-forward red wine, making a Chianti Classico the perfect match. The Chianti pairing also honours the Tuscan heritage of this dish.

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Match all  
items with the  
sticker marked:

*single portion*

**Etna**

Match all  
items with the  
sticker marked:

*double portion*

**Etna**



## 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 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). 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 2-3 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. Season with salt and pepper to taste. Serve immediately. Buon appetito!

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

Fettuccine (180g):

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

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

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

# Beef Shin & Valpolicella Wine Tortelloni with a Sage Butter Sauce

## ABOUT THE DISH

In this week's Venetian-style beef tortelloni, we've left behind the masks and gondolas of the region's capital to head out to Verona province, where you'll find the beautiful green vineyards and rolling hills of Valpolicella. Famous for its eponymous wine, Valpolicella is the second most-widely produced DOC wine of Italy after Tuscany's Chianti.

To do justice to the wider gastronomic profile of Veneto, then, we've selected a Valpolicella Superiore to braise our beef filling for this week's tortelloni. Simmered for hours with the wine and herbs, the meat becomes incredibly tender and full of flavour. So flavoursome, in fact, that all these tortelloni require is a simple *burro e salvia* (sage butter) dressing, and smattering of cheese, to serve. Close your eyes and be transported to the vineyards of Valpolicella.

**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). 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. Sprinkle over the Italian cheese. Season with salt and pepper to taste. Serve immediately. Buon appetito!

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

Beef Shin & Valpolicella Tortelloni (200g):

Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour "00", **EGG**),  
Filling (Beef, Valpolicella Wine (**SULPHITES**), Grana Padano (**MILK**, Salt, Rennet, Preservative: **EGG** Lysozyme), Onion, Carrots, **CELERY**, Breadcrumbs (Contains **WHEAT**), Olive Oil, Garlic, Rosemary, Thyme, Laurel, Salt, White Pepper), Rice Flour

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: 506kcal

Energy	924kJ
Calories	222kcal
Fat	9.9g
Of which saturates	6.0g
Carbohydrates	23.7g
Of which sugars	1.7g
Protein	8.5g
Salt	0.6g



Match all  
items with the  
sticker marked:

single portion  
**Firenze**

Match all  
items with the  
sticker marked:

double portion

**Firenze**



## 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.

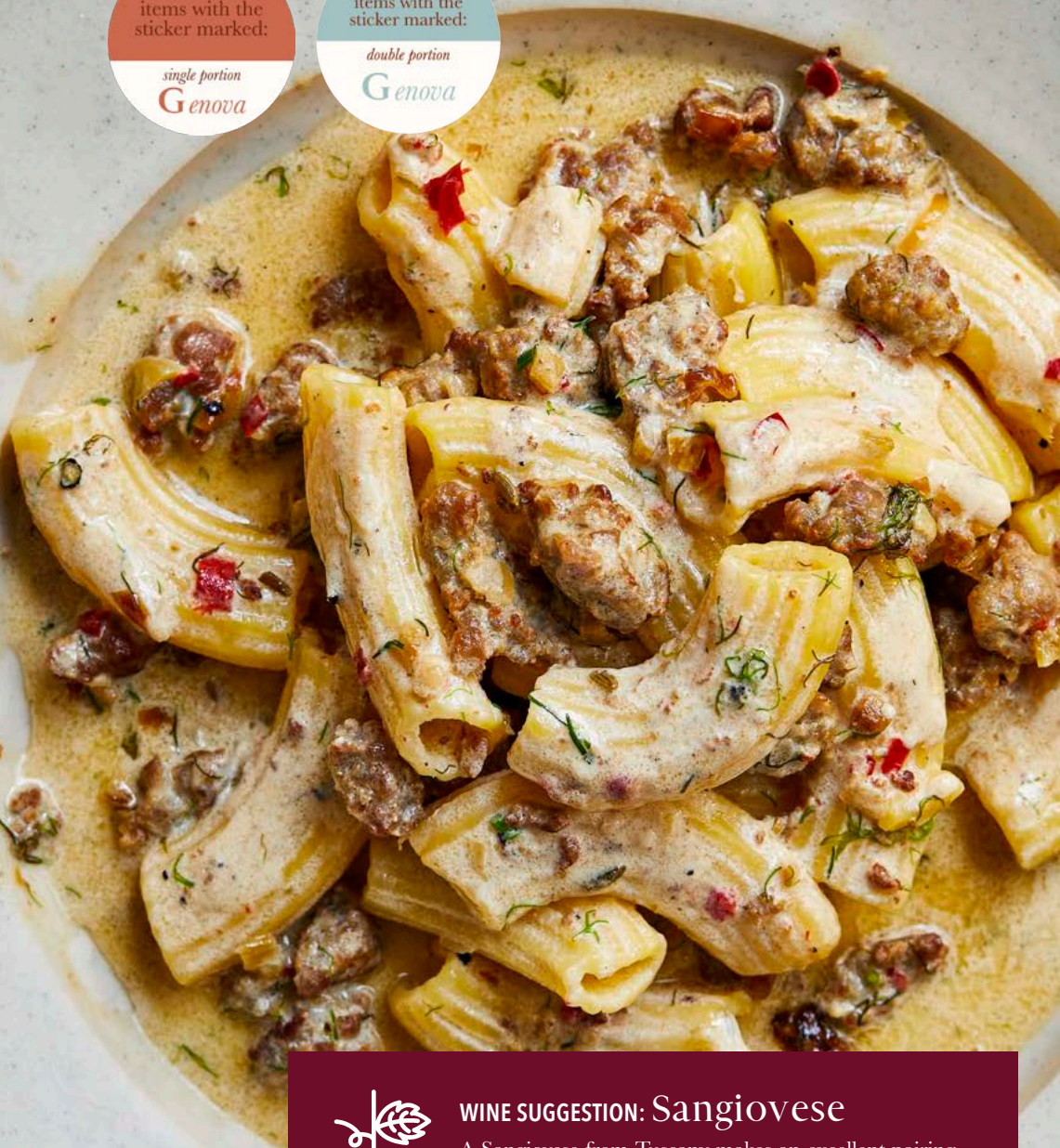


Match all  
items with the  
sticker marked:

single portion  
**Genova**

Match all  
items with the  
sticker marked:

double portion  
**Genova**



## WINE SUGGESTION: Sangiovese

A Sangiovese from Tuscany makes an excellent pairing for this dish. The saffron flavours and meatiness of the sausage will be matched by the fruitiness of the Sangiovese, without being overpowered.

# Lombardy's Sausage & Saffron Sauce with Rigatoni

## ABOUT THE DISH

In northern Lombardy, just south of Lake Como and the Alps, you'll find a historical region called Brianza. It's an idyllic place complete with rolling hills - snow-capped in these winter months - and alluring lakes - perfect for ice skating when it's cold enough for the water to freeze. This region's fertile land has also supported all manner of agriculture for generations, but pigs, reared extensively here, are central to the story of Brianza. In Monza, the largest settlement in this area, pig farming has given way to a strong predilection for salsiccia, or sausage. The specialty sausage of the city, la luganega di monza, includes several distinctive ingredients, from Grana Padano cheese to Marsala wine, imbuing the sausage with a wonderful, unusual flavour. Monza's eponymous pasta alla monzese celebrates these flavours, allowing them to infuse into panna, or cream, with silky strands of saffron, added during the cooking process.

The lovely golden lustre of our Rigatoni al Monzese is created by the addition of the saffron, or zafferano, as it is known in Italy. This exotic spice, derived from a beautiful purple flower, is also the not-so-secret ingredient in Lombardy's iconic Risotto Milanese, which owes its heritage to a glass maker's assistant in the late-sixteenth century. Their long history in Lombard cuisine is testament to the divine nature of the ingredients and flavours at work in this dish. We serve our sausage and saffron sauce with fresh tubes of rigatoni, whose grooves are perfect for sopping up every last morsel as we know you seriously won't want to waste a single mouthful.

**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). 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 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. Season with salt and pepper to taste. Serve immediately. Buon appetito!

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

Rigatoni (180g):

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

Monzese Ragù (160g):

Cream (**MILK**), Pork Sausage (Pork (Origin: Ireland), Wine (**SULPHITES**), Salt), Chicken Stock (contains **CELERY** Seeds), Grana Padano Cheese (**MILK**, Salt, Rennet), Olive Oil, Salt, Saffron

Vegetarian Italian Grated Cheese (8g):

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

## NUTRITION per 100g

**CALORIES PER SERVING: 979kcal**

Energy	1175kJ
Calories	281kcal
Fat	13.7g
Of which saturates	6.2g
Carbohydrates	29.7g
Of which sugars	2.3g
Protein	9.7g
Salt	0.6g



## OUR MISSION

# Sustainability

We have learned so much from la cultura of pasta making. How to cook better, how to eat better and, most importantly, how to treat our planet better.

Our mission is to help people enjoy a five star trattoria experience, but from their homes and with less waste. While developing the concept for his fresh pasta business, our founder Alessandro was shocked to learn that over 80% of food goes to waste in a typical fine dining restaurant. Our pre-order model, predictive technology and pre-portioned product means we only order what we need and so food waste is minimal.

**OUR MISSION IS TO BE A 100% ZERO-WASTE BUSINESS BY 2025**

## WHERE WE'RE AT

“Italianità” (“Italian-ness”) is not just about living *la dolce vita*. Abiding by the Italian principles of simplicity, community and resourcefulness, we follow a “reduce, reuse, recycle” model. We know we still have a way to go, but here are a few milestones that we are proud of:

- **SHIFTING TO 100% RECYCLABLE OR COMPOSTABLE PACKAGING**
- **IMPLEMENTING OUR REUSABLE PACKAGING SCHEME**
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During the pandemic, it has been an honour to nourish our amazing NHS doctors & nurses in the best way we know how: with a supply of fresh pasta! We are eternally grateful for the frontline workers who have and continue to work tirelessly and heroically.

## GIVING BACK

# Community

Because sustainability is as much about people as it is about the planet, we do all that we can to support the communities that need it most. In a year like 2020, this was more important than ever and here are some of the ways we tried to help make someone's day.

With 2020 deemed a "mental health crisis" we recognised the importance of supporting the work of mental health charity Mind. In collaboration with them we launched limited edition Pasta Care Packages in November.



# Squash, Speck & Provola Mezzelune with Sage Butter Sauce

## ABOUT THE DISH

Pasta *ripiena* (filled pasta) with squash is a specialty of the regions surrounding the river Po, including Emilia-Romagna and Lombardia. The exact origin of squash-filled pasta is hotly debated, as both Mantova and Ferrara have early records of this dish. In any case, in homage to these gastronomic centres of Northern Italy, this week we've filled our fresh mezzelune with a sweet, orange-hued squash filling. We combine this beloved ingredient with provola and speck, both similarly associated with the culinary traditions of the north.

Provola originally hails from Campania, though this gooey cheese is now predominantly crafted by artisan cheesemakers in the Po Valley region. This cheese earns its name from the ancient tradition of '*pruvatura*' or '*pruvula*', where priests who had assembled at the convent of San Lorenzo in Capua were offered the cheese on a piece of bread, to demonstrate its good qualities. We pair this delicacy with salty speck. This is a dry-cured and ever-so-slightly smoked ham, typical of South Tyrol, in the north. To finish, we dress our mezzelune in an earthy sage butter, as well as a final scattering of *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). 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. Sprinkle over the Italian cheese. Season with salt and pepper to taste. Serve immediately. Buon appetito!

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

Squash, Speck & Provola Mezzelune (200g):

Fresh Pasta (Durum **WHEAT** Semola, **WHEAT** Flour, **EGG**),  
Filling (Ricotta Cheese (Pasteurised Cow **MILK**, Cream (**MILK**),  
Salt, Acidity Regulator: Lactic Acid), Butternut Squash, Speck,  
Smoked Scamorza (Pasteurised Cow **MILK**, Salt, Rennet),  
Onions, Grana Padano (Cow **MILK**, Salt, Rennet, **EGG** Lysozyme),  
Potato Flakes, Butter (**MILK**), Garlic, Salt, White Pepper, Sage), Rice Flour

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: 549kcal**

Energy	1002kJ
Calories	241kcal
Fat	14.1g
Of which saturates	8.4g
Carbohydrates	19.7g
Of which sugars	1.5g
Protein	9.2g
Salt	0.7g

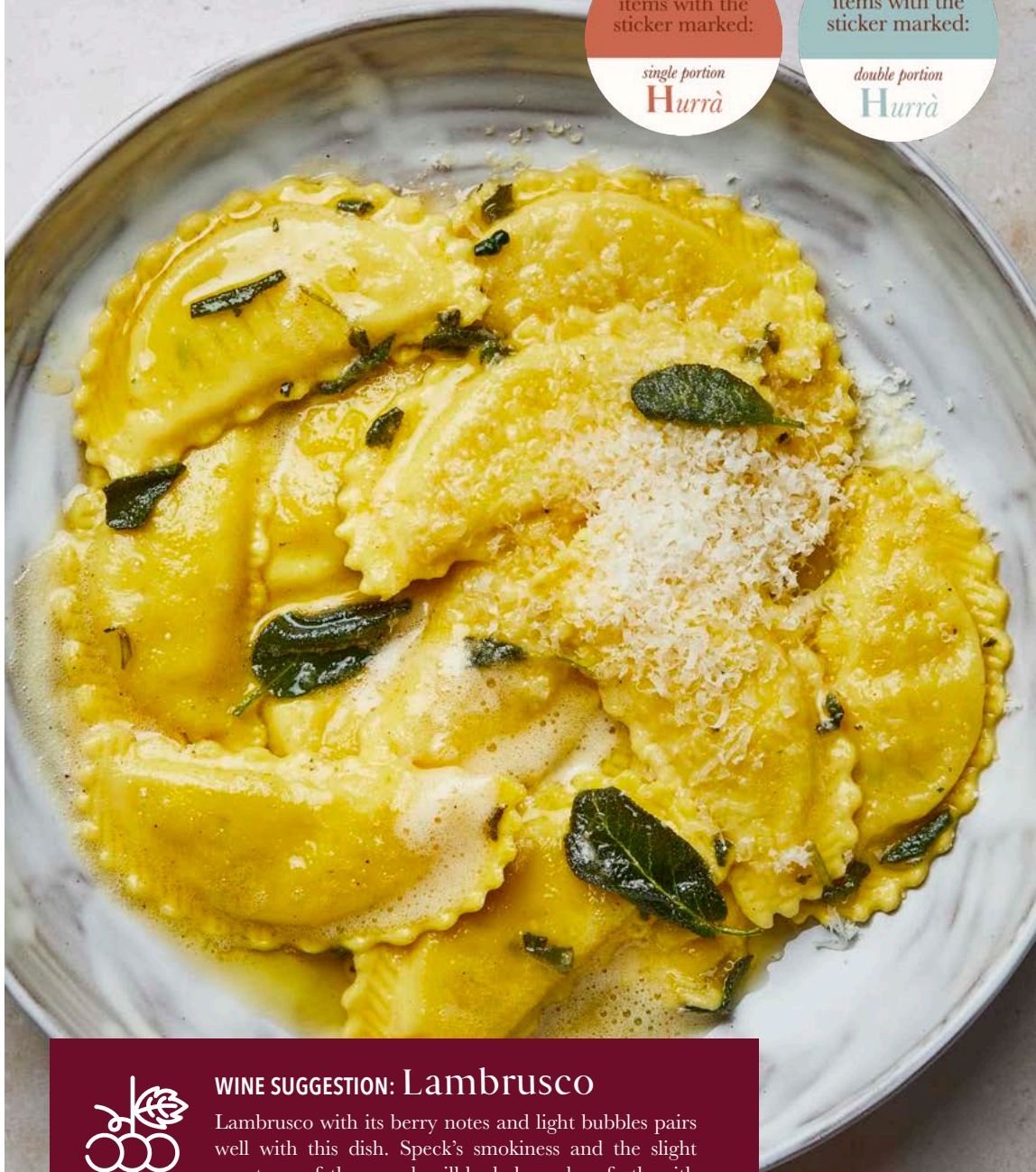


Match all  
items with the  
sticker marked:

*single portion*  
**Hurrà**

Match all  
items with the  
sticker marked:

*double portion*  
**Hurrà**



### WINE SUGGESTION: Lambrusco

Lambrusco with its berry notes and light bubbles pairs well with this dish. Speck's smokiness and the slight sweetness of the squash will be balanced perfectly with a lightly chilled Lambrusco.



Match all  
items with the  
sticker marked:

single portion

**Imola**

Match all  
items with the  
sticker marked:

double portion

**Imola**



## WINE SUGGESTION: Nero d'Avola

This Sicilian wine is full-bodied and dry, and has seen a resurgence lately. It is fruit forward with cherry and plum notes. Strong tannins and bright acidity make it a perfect pairing for this flavoursome sauce.

# Rigatoni alla Norma with Ricotta Salata Cheese



## ABOUT THE DISH

"Rigatoni" comes from the Italian word "*rigare*", meaning to score lines or mark lines into something. Rigatoni are big tubes of pasta that are ridged on the outside and smooth within. This shape is traditionally associated with central and southern Italy, particularly Sicily, where serving norma sauce with rigatoni is a veritable tradition.

Indeed, Rigatoni alla Norma is named after the opera "Norma" from the composer Vincenzo Bellini, who was born in 19th century Catania, Sicily's second-largest city. Our Norma sauce is made from aubergines grown in the outskirts of this sun-drenched island city. Tomatoes are just as important to the success of a Norma sauce - here, we use the plump and blushing San Marzano variety, whose thick flesh and sweet taste evoke the best of Italy in summer. A final scattering of Ricotta salata - a firm, salty cheese - completes this typical Sicilian dish. And we have to tell you, it really is sublime.

**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). 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. 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 ricotta salata cheese. Season with salt and pepper to taste. Serve immediately. Buon appetito!

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

Rigatoni (180g):

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

Norma Sauce (160g):

Tomatoes, Aubergine, Onion, Carrot, Extra Virgin Olive Oil, Basil, Salt, Sugar, Garlic, Oregano

Ricotta Salata Cheese (8g):

Sheep's **MILK** Whey, Salt, Citric Acid E330

## NUTRITION per 100g

**CALORIES PER SERVING: 586kcal**

Energy	705kJ
Calories	168kcal
Fat	2.4g
Of which saturates	0.8g
Carbohydrates	30.5g
Of which sugars	3.1g
Protein	5.9g
Salt	0.21g



# 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. The 16th century Italian naturalist Costanzo Felici once described the mushroom as "a very eccentric and dangerous food, better kept away from the table than dished up on it". The Roman Emperor, Claudius was, after all, said to have been poisoned by this fungus by his fourth wife Agrippina.

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 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). 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 2-3 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. Season with salt and pepper to taste. Serve immediately. Buon appetito!

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

Pappardelle (180g):

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

Wild Mushroom Sauce (170g):

Porcini and Mixed Mushrooms, Carrot, **CELERY**, Onion, Garlic, Cream (**MILK**), Tomato Sauce (Tomatoes, Water, Onion, Carrot, Extra Virgin Olive Oil, Basil, Salt, Garlic, Sugar, Black Pepper), Mushroom Stock, Corn Flour, Rosemary

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

Match all  
items with the  
sticker marked:

single portion

**Julius**

Match all  
items with the  
sticker marked:

double portion

**Julius**



### 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

**Kilo**

Match all  
items with the  
sticker marked:

double portion

**Kilo**



## WINE SUGGESTION: Verdicchio

This Italian white wine is primarily grown in the Marche region of Italy. It has bright acidity and characteristic peach and lemon notes with a distinct minerality and top notes of bitter almond.



# Black Truffle & Burrata Ravioloni with Truffle Butter & Hazelnuts

## ABOUT THE DISH

Ravioli have been a staple in Italian cuisine since the 14th century. The first mention of the word was in one of Prato's personal letters, dating back to around 1380. Ravioli come from all over Italy, with each location having its own unique take on the filling. Ravioloni are simply large ravioli as the suffix "-oni" in Italian means big or large.

This dish holds a well-deserved status as one of the classic indulgent tastes of Italy, with each raviolone filled with black truffles grown in Norcia, an area of south-east Umbria, where they are locally known as *trifolati* and prized for their incredible aroma. So as not to compromise the truffles' elegance with an inferior accompaniment, we combine the beautiful black truffles with burrata, the jewel in the crown of Italian cheeses. Highly regarded for its soft-centred creaminess and fresh, delicate taste, it marries beautifully with our decadent truffle filling. Finished with a truffle butter and a sprinkling of hazelnut crumb, these ravioloni are sure to be a decadent treat!

**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). 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 2-3 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 hazelnut crumb. Season with salt and pepper to taste. Serve immediately. Buon appetito!

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

Black Truffle & Burrata Ravioloni (200g):

Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour '00', Liquid Pasteurised **EGG**), Filling (Water, Ricotta Cheese (**MILK**, Cream (**MILK**), Salt, Acidity Regulator: Lactic Acid), Stracciatella Cheese (**MILK**, Salt, Rennet), Grana Padano (**MILK**, Rennet, Preservative: **EGG** Lysozyme), Truffle Cream (Black Truffle Aestivum, Salt and Natural Truffle Flavouring), Potato Flakes), Rice Flour

Truffle Butter (20g):

Butter (**MILK**), Truffle Paste (Mixed Mushrooms, Sunflower Oil, Extra Virgin Olive Oil, Black Truffle, Black Olives, Salt, Flavouring), Salt

Hazelnuts (4g):

Hazelnuts (**NUTS**)

## NUTRITION

per 100g

CALORIES PER SERVING: **648kcal**

Energy	1210kJ
Calories	290kcal
Fat	16g
Of which saturates	8.6g
Carbohydrates	25.3g
Of which sugars	1.0g
Protein	12g
Salt	0.9g

# Orecchiette 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 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, hand-crafted orecchiette, a pasta type native to 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). 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. 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 parsley pangrattato. Season with salt and pepper to taste. Serve immediately. Buon appetito!

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

Orecchiette (180g):

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

Arrabbiata Sauce (135g):

Tomato, Onion, Carrot, Fresh Chillies, Extra Virgin Olive Oil, Salt, Fresh Basil, Garlic, Sugar, Black Pepper, Dried Chillies

Parsley Pangrattato (5g):

Pangrattato (Breadcrumbs (**WHEAT**), Olive Oil, Salt, Black Pepper), Parsley

## NUTRITION per 100g

**CALORIES PER SERVING: 539kcal**

Energy	704kJ
Calories	168kcal
Fat	1.3g
Of which saturates	0.2g
Carbohydrates	32.4g
Of which sugars	3.0g
Protein	6.2g
Salt	0.18g

Match all  
items with the  
sticker marked:

*single portion*  
**Livorno**

Match all  
items with the  
sticker marked:

*double portion*  
**Livorno**



## WINE SUGGESTION: Primitivo

As this is a spicy sauce, we recommend a full-bodied red wine to hold up to the heat in the dish. Primitivo, traditionally coming from Puglia in the south of Italy, is an excellent choice. The moderate tannins of Primitivo will complement and stand up to the arrabbiata sauce.



Match all  
items with the  
sticker marked:

*single portion*  
**Milano**

Match all  
items with the  
sticker marked:

*double portion*  
**Milano**



## WINE SUGGESTION: Vernaccia

Vernaccia, or Vernaccia di San Gimignano, is a white wine produced in Tuscany. It is a full-bodied wine with a golden colour. It is characterised by floral and mineral notes and bright acidity and will be a great match for this dish.

# Pea & Mint Triangoli with Wild Rocket Pesto



## ABOUT THE DISH

A dish sure to put a spring in your step, this week's pea and mint filled triangoli (a sort of triangular-shaped ravioli) are made using delicious English garden peas and combined with fresh mint for a flavourful and bright duo. We then top with a fresh wild rocket pesto for a real taste of summer. And the best part, this dish is vegan so can be enjoyed by all.

Summer peas are commonplace in both British and Italian cuisines for good reason. These small vegetables, known as "piselli" in Italian, are packed with heart-healthy minerals such as magnesium and calcium. In the accompanying pesto, we feature rocket, or rucola, a leafy green rich in amino acids and vitamins. We blend this rocket into a unique pesto to top each of our triangoli. This dish feels like a vision of summer days spent in England's green pastures.

**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). 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. Season with salt and pepper to taste. Serve immediately. Buon appetito!

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

Pea & Mint Triangoli (200g):

Pasta (**WHEAT** Flour, Durum **WHEAT** Semola, Sunflower Oil, Sugar, Salt) Filling (Peas, Shallot, Potato, Dairy Free Bechamel (Rice Milk, Dairy Free Margarine, Gluten Free Flour, Salt, Nutmeg, White Pepper), Extra Virgin Olive Oil, Mint, White Pepper, Emulsifier (Potato Flakes, Starch, Rice Flour, Vegetable Fibre), Salt), Rice Flour

Wild Rocket Sauce (30g):

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

## NUTRITION per 100g

**CALORIES PER SERVING: 578kcal**

Energy	1047kJ
Calories	251kcal
Fat	9.4g
Of which saturates	1.3g
Carbohydrates	33.2g
Of which sugars	2.0g
Protein	7.0g
Salt	0.9g

# Gnocchi with Beef Shin & Barolo Wine Ragù



## ABOUT THE DISH

The original recipe for Ragù was invented and published in the 18th century by Alberto Alvisi, who was the chef for the Cardinal of Imola, later Pope Pio VII. Alvisi's recipe was documented as "The Cardinal's Ragù", but was not rediscovered for another 180 years, when Bolognese journalists stumbled across the recipe in archives. Alvisi's recipe included exotic spices like cinnamon, which was quite inventive for the age. Indeed, using cinnamon in ragù would be quite unexpected in modern day Italy, where it is now widely preferred to allow the flavour of the meat to shine through alongside aromatics like red wine, bay and fresh herbs.

And so, in a recipe inspired by, but not in slavish adherence to Alvisi's predilection for spice, our chefs carefully brown pieces of marbled beef until they take on a deep, burnished hue. This is where all the flavour is. We then slowly braise our caramelised beef with red wine, onions & tomatoes to make the meat as tender and flavourful as possible. This very special ragù is served with fresh, gluten free gnocchi dumplings. Buon appetito.

**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 comes in a brown bag.

1. Bring a large saucepan of water to the boil. Generously salt the water (around 1tbsp per litre). The pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
2. Remove the gluten free gnocchi from the brown bag & cook 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. Sprinkle over the Italian cheese. Season with salt and pepper to taste. Serve immediately. Buon appetito!

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

Gluten Free Gnocchi (200g):

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

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

\*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.



Match all  
items with the  
sticker marked:

*single portion*

**Napoli**

Match all  
items with the  
sticker marked:

*double portion*

**Napoli**



## 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*

**O**tranto

Match all  
items with the  
sticker marked:

*double portion*

**O**tranto



## 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 truffle flavour.

# Fettuccine with Black Truffle Alfredo



## ABOUT THE DISH

Whilst many have come to regard Alfredo sauce as an Italo-American creation, this delicious, creamy sauce was in fact the work of Alfredo di Lelio in early twentieth-century Rome. Di Lelio's wife, Ines, was pregnant in 1908 and was suffering from severe nausea and so the worried restaurateur developed a new recipe, combining several different varieties of cheese wrapped around long strands of pasta, in the hope that his wife would be able to eat it. Praying to Saint Anna, the protector of pregnant women, Alfredo served up this dish and his prayer was answered!

This cheesy pasta sauce was not only a triumph with Ines but went down a treat at Di Lelio's restaurant in Rome where it was often served. In fact, this tasty dish was enjoyed by the Hollywood actors Douglas Fairbanks and Mary Pickford, in Rome on their honeymoon, who became quite besotted with Alfredo's pasta. In fact, the couple took Alfredo's recipe back to Hollywood with them, where it became a favourite and is still enjoyed today! Our indulgent take on this classic dish incorporates the pungent joy of northern Italy's black truffles into a smooth, creamy sauce. We serve our truffle Alfredo with fettuccine to recreate that romantic night in Rome.

**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 comes in a brown bag. Before cooking, 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). The pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
2. Remove the gluten free pasta from the brown bag & 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. Season with salt and pepper to taste. Serve immediately. Buon appetito!

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

Gluten Free Fettucine (180g):

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

Truffle Alfredo Sauce (135g):

Cream (**MILK**), Water, Vegetarian Cheese (**MILK**), Butter (**MILK**), Truffle Sauce (Mushrooms, Sunflower Oil, Extra Virgin Olive Oil, Summer Truffle, Black Olives, Salt, Aromas), Olive Oil

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 of 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: 878kcal**

Energy	1132kJ
Calories	272kcal
Fat	12.1g
Of which saturates	7.0g
Carbohydrates	32.1g
Of which sugars	2.7g
Protein	8.5g
Salt	0.14g



FEBRUARY 1ST - 7TH

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## Next Week's Menu

Feeling the winter blues? Why not check out our menu for next week, packed with warming dishes that promise to nourish you, body and soul.



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

This menu is made from 100% recyclable materials