

This menu is made from 100% recyclable materials



PASTA
EVANGELISTS



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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.

VALENTINE'S WEEK MENU

8TH - 14TH FEBRUARY

SHARE YOUR PASTA CREATIONS ON   #PASTAEVANGELISTS



St. Valentine's Chapel

Nestled at the heart of the Dolomite Mountains, in the region of South Tyrol, is the beautiful chapel of St Valentine. Built in the thirteenth century, this picturesque church pays homage to the young priest, Valentine, who was martyred on February 14th, 269 AD.

Legend has it that the saint was executed for violating a decree, issued by the Emperor Claudius Gothicus, which forbade the marriage of young soldiers. The Emperor believed his warriors would be more effective if

they did not have matrimonial ties, but Valentine continued to secretly perform marriage ceremonies for desperate couples.

Upon discovery, Valentine was imprisoned and sentenced to death. During this time he developed a friendship with the daughter of his jailer, and just before his death he left her a letter signed 'From Your Valentine', setting romantic precedent for centuries to come.

This Week's Menu

Lobster Squid Ink Ravioli in a Langoustine Bisque.....	A
Cod Ravioli with Sage Butter Sauce & Fresh Samphire.....	B
Pappardelle with Pulled Pork & Cavolo Nero Ragù	C
Tagliatelle with Beef Ragù alla Bolognese.....	D
Bucatini all'Amatriciana with Crispy Smoked Pancetta	E
Beef & Black Truffle Tortelloni.....	F
Sicily's Famous Fennel Sausage Sauce with Rigatoni	G
Rigatoni alla Norma with Ricotta Salata Cheese	H
Fettuccine with Black Truffle Alfredo	I
Trofie with Walnut Pesto from the Italian Riviera	J
Lemon & Mozzarella Ravioli with a Sage Butter Sauce.....	K
Orecchiette with Sicily's Pistachio Pesto	L
Aubergine & Sun-Dried Tomato Triangoli with Rocket Pesto ..	M
Gnocchi with Cavolo Nero Pesto	N
Spaghetti alla Carbonara with Crispy Pancetta.....	O
Aperitivo Snack Box.....	Q
Tiramisù.....	R



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:

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 Squid Ink Ravioli in a Langoustine Bisque

ABOUT THE DISH

The Italian term for "seafood", *frutti di mare*, or "fruits of the sea", very well encapsulates how Italians feel about this delicacy. It's something special: a treasure bestowed by the oceans on the people walking the land. And we pay homage to this reverence in this dish, where we've created a piece of edible melodrama. In it, *nero di seppia* is the protagonist. Literally "black of the cuttlefish", this refers to the ink produced by this mysterious mollusc. We love cooking with it, and not merely because it plunges all that it touches into theatrical darkness. The ink also imparts a subtle flavour in its own right. This flavour, we can reassure you, is neither strong nor overpowering as the ink's appearance might suggest. Instead, it imparts a mere salty flavour, a lingering whisper of the ocean the cuttlefish came from, spiriting us away to the Venetian seaside.

We serve these special ravioli in a langoustine bisque, with its fabulous flavour derived from the crustacean's shells alongside other aromatics. To finish, there's a scattering of asparagi di mare, or samphire, to round off this celebration of Italian seafood.

Note: While we do our best to remove all shell fragments, as the 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 sauce.

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp 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 sauce and samphire in a pan and add 1tbsp (15ml) of the boiling pasta cooking water. Take care to ensure you squeeze all the sauce from the pouch. Gently heat until steaming and then turn off the heat.
4. Lift the pasta out of the water and transfer to the sauce & samphire. Toss gently to coat.
5. Serve immediately. Buon appetito!

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

Lobster, Crab & Prawn Squid Ink Ravioli (200g):
Pasta (Semolina **WHEAT** Flour, Pasteurised **EGG**, Black
Squid Ink Powder (**MOLLUSCS**), Water) Filling (Prawns
(**CRUSTACEAN**), Crab (**CRUSTACEAN**), White Wine
(**SULPHITES**), Lobster (**CRUSTACEAN**), Butter (**MILK**), Garlic,
Pepper, Parsley, Dried Red Chilies), Rice Flour

Langoustine Bisque (70g):
Single Cream (**MILK**), Langoustine (**CRUSTACEAN**), Carrots,
Shallots, Tomato Paste, **CELERY**, Brandy (**SULPHITES**), Parsley,
Garlic, Natural Flavour, Black Pepper, Juniper Berries, Cloves,
Coriander Seeds

Samphire (9g):
Samphire

NUTRITION per 100g

CALORIES PER SERVING: 440kcal	
Energy	660kJ
Calories	158kcal
Fat	3.1g
Of which saturates	1.4g
Carbohydrates	21.7g
Of which sugars	0.4g
Protein	9.8g
Salt	0.6g

Cod Ravioli with Sage Butter Sauce & Fresh Samphire

ABOUT THE DISH

Salt has been used to preserve food for centuries and was highly valued by historic civilizations. Ancient trading routes were often referred to as "salt roads", as salt was an essential ingredient transported along these routes. One in particular – named the Via Salaria– linked Rome to modern-day Porto d'Ascoli in Marche. This 242km long road owes its name to "salis", the Latin word for "salt", as this was transported from salt marshes located on the Italian coast.

From salt-packed capers to salted, dried fish, salt has helped extend the life of many foods we still enjoy today. Baccalà, or salt cod, is one of our favourite examples. Once salted and dried, baccalà can keep for months. To prepare our baccalà, we soak it for several days to remove much of the salt, so that the flavour of the fish is what shines through in our delicious ravioli. As baccalà has such a distinctive, delicious taste, we choose a simple sage butter to dress these ravioli. We hope you can taste the history of the iconic baccalà with every bite.

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

METHOD

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

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre). 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 & samphire. Toss gently to coat.
5. Serve immediately. Buon appetito!

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

Cod Ravioli (200g):

Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour "00", **EGGS**, Water), Filling (Double Cream (**MILK**), Salted Cod (**FISH**), Water, Potato Flakes, Onions, Butter (**MILK**), Garlic, White Wine (**SULPHITES**), Pepper, Dry Parsley), Rice Flour

Sage Butter (20g):

Butter (**MILK**), Sage

Samphire (9g):

Fresh Samphire

NUTRITION

per 100g

CALORIES PER SERVING: 783kcal

Energy	1414kJ
Calories	339kcal
Fat	23.5g
Of which saturates	13.9g
Carbohydrates	22.8g
Of which sugars	1.4g
Protein	9.1g
Salt	0.5g

Match all
items with the
sticker marked:

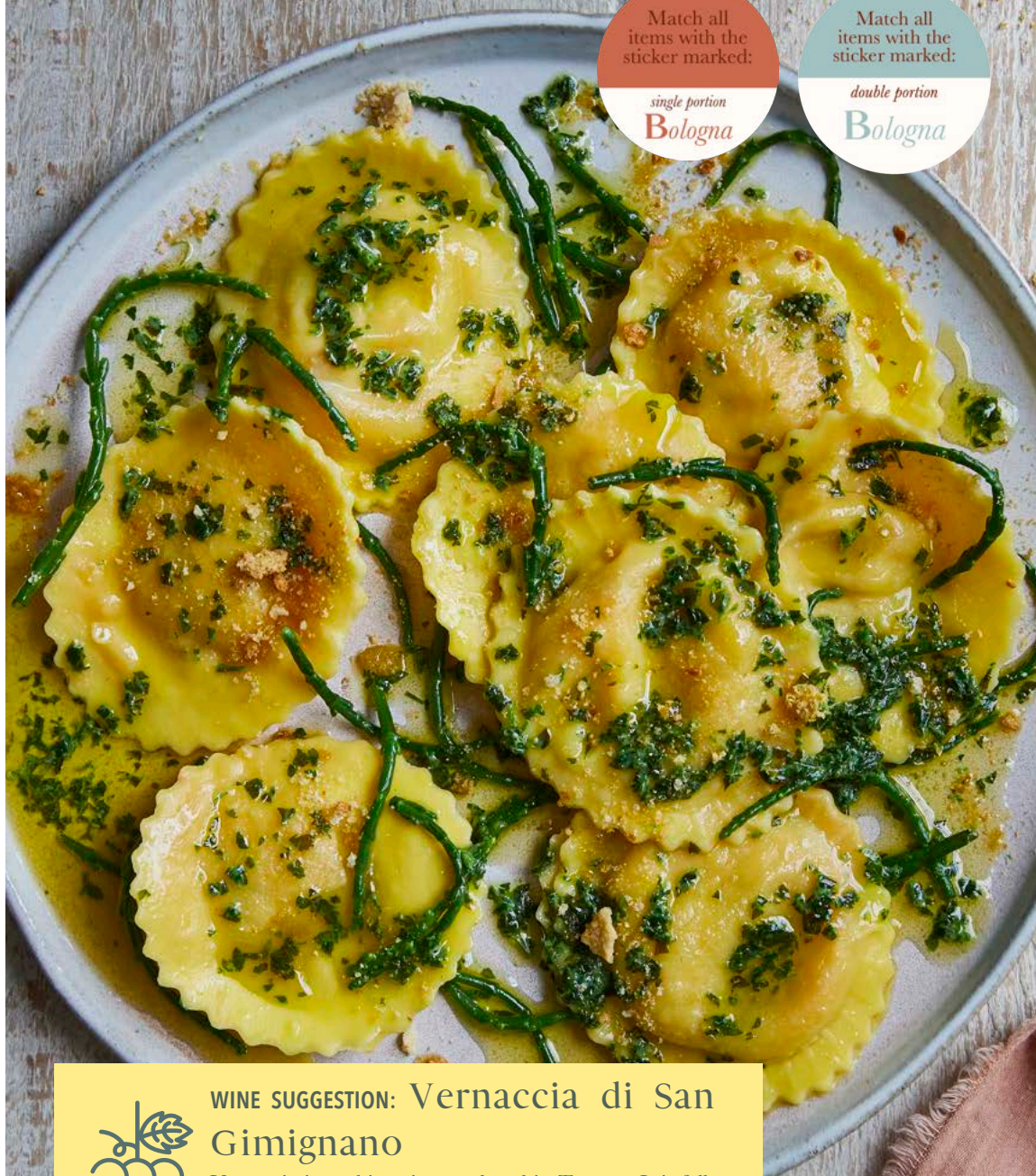
single portion

Bologna

Match all
items with the
sticker marked:


double portion

Bologna



WINE SUGGESTION: Vernaccia di San Gimignano

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



Match all
items with the
sticker marked:

single portion
Capri

Match all
items with the
sticker marked:

double portion

Capri



WINE SUGGESTION: Chianti Classico

This flavourful 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.

Pappardelle with Pulled Pork & Cavolo Nero Ragù

ABOUT THE DISH

Pappardelle originate in Tuscany, a region known for rich, hearty sauces. Pappardelle are one of the thickest flat pastas, making them the perfect size to sop up a meaty ragù. The word pappardelle comes from the verb pappare, meaning to "gobble up", which is exactly what people who eat this pasta do.

In this week's twist, we combine a traditional Tuscan dish of pork & cavolo nero ragù with pappardelle pasta. In doing so, we pay homage to the tradition of pulled pork, beloved by impoverished Italians throughout history, for whom it proved an excellent way to turn cheaper cuts of meat into decadent, tender specimens. Cavolo nero, in a similar way, was once deemed to be fit only for peasants and so became a staple of la cucina povera, or "the poor man's kitchen". Today, it's quite vogueish, particularly as it has been discovered to be full of health-giving nutrients. In any case, just pull your fork through the rich strands of slow-cooked pork and delight as they yield and fall apart.

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. Salt the water (around ½tbsp 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. Serve immediately. Buon appetito!

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

Pappardelle (180g):

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

Pulled Pork & Cavolo Nero Ragù (180g):

Tomato, Pork Shoulder, Water, Onion, Carrot, **CELERY**, Red Wine (**SULPHITES**), Cavolo Nero, Extra Virgin Olive Oil, Pork Stock (contains **CELERY** Seeds), Salt, Garlic, Sugar, Rosemary, Chicken stock (contains **CELERY** Seeds), Bay Leaf, Thyme, Black Pepper

Vegetarian Italian Grated Cheese (8g):

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

NUTRITION

per 100g

CALORIES PER SERVING: 741kcal

Energy	842kJ
Calories	201kcal
Fat	5.4g
Of which saturates	1.9g
Carbohydrates	28.9g
Of which sugars	3.1g
Protein	9.0g
Salt	0.3g

Tagliatelle with Beef Ragù alla Bolognese

ABOUT THE DISH

There are few Italian sauces better known than this classic ragù made by slow-cooking beef mince with plenty of aromatics, although on British menus you would be far more likely to encounter Bolognese sauce matched with spaghetti. Curiously, as ubiquitous a combination as this may be in British households, it's one that simply doesn't exist in Italy. Instead, in Bologna, where the sauce originates, tagliatelle are the authentic pairing.

Tagliatelle are a flat pasta, whose official width and thickness as stated by the Bolognese Chamber of Commerce are 6mm x 1mm. Legend states that tagliatelle were invented on the night of Annibale II Bentivoglio's wedding to Lucrezia from the house of Este in 1487, by Lucrezia's talented chef, after seeing her ribbon-like hairstyle. However, there is much speculation as to if this was actually true or a joke made up by humourist Augusto Majani in 1931.

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. Salt the water (around 1½tbsp 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. Serve immediately. Buon appetito!

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

Tagliatelle (180g):

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

Bolognese Ragù (160g):

Minced Beef (Origin: UK, 36%), Water, Onion, Carrot, **CELERY**, Red Wine (**SULPHITES**), Extra Virgin Olive Oil, Salt, Garlic, Sugar, Chicken Stock (Contains **CELERY** Seeds), Black Pepper


Vegetarian Italian Grated Cheese (8g):

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

NUTRITION per 100g

CALORIES PER SERVING: 784kcal

Energy	889kJ
Calories	213kcal
Fat	6.1g
Of which saturates	2.5g
Carbohydrates	29.0g
Of which sugars	3.1g
Protein	10.2g
Salt	0.25g



Match all
items with the
sticker marked:

single portion
Dante

Match all
items with the
sticker marked:

double portion

Dante



WINE SUGGESTION: Barolo

Barolo is a natural match for a bold beef dish. The full-bodied nature of Barolo, along with the moderate tannins, will complement the strong flavours in our delicious beef ragù alla Bolognese.

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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: Montepulciano d'Abruzzo

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

Bucatini all'Amatriciana with Crispy Smoked Pancetta

ABOUT THE DISH

Natives of Amatrice, the town near Rome where this sauce comes from, are staunchly protective over this recipe. Indeed, they've been quick to condemn any creative digressions - the Town Council once declared the inclusion of garlic by respected Italian chef Carlo Cracco as a "lack of judgement" on his part. Traditionally, this sauce is made with smoked guanciale (pork cheek).

At the risk of again dismaying the good people of Amatrice, though, we substitute pancetta, as this imparts a deeper, smokier flavour. These flavoursome morsels of pancetta are gently fried until crisp, then suspended in a vibrant tomato sauce. To amplify the amatriciana sauce's signature meaty flavour, we add both chicken and pork stock, while rosemary, bay leaf and red wine add depth, ensuring a moreish taste of Amatrice. In some deference to tradition, we do serve this sauce with bucatini, which is the traditional pasta pairing for the amatriciana. The word "bucatini" comes from the Italian word "buco", which translates to "hole", a reference to its hollow shape. Long, tangled strands of bucatini prove deft at capturing every morsel of this delicious, meaty 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. Salt the water (around ½tbsp 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 1tbsp (15ml) of the boiling pasta cooking water. Take care to ensure you squeeze all the sauce from the pouch. Gently heat until steaming and then turn off the heat
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Sprinkle over the Italian cheese. Serve immediately. Buon appetito!

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

Bucatini (180g):

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

Amatriciana Sauce (160g):

Tomatoes, Smoked Pancetta (Pork Belly, Salt, Dextrose, Spices, Aromatic Plants, Natural Flavourings, Smoke Flavourings, Antioxidant: E301, Preservatives: E250, E252), Onion, Red Wine (**SULPHITES**), Water, Salt, Sugar, Olive Oil, Garlic, Black Pepper

Vegetarian Italian Grated Cheese (8g):

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

NUTRITION per 100g

CALORIES PER SERVING: 746kcal

Energy	897kJ
Calories	215kcal
Fat	6.0g
Of which saturates	2.2g
Carbohydrates	31.0g
Of which sugars	3.7g
Protein	9.0g
Salt	1.1g

Beef & Black Truffle Tortelloni

ABOUT THE DISH

The sprawling forests of Piedmont, nestled in the foothills of the Alps, are a sight to behold. Acres of woodland and sprawling lakes make this region a hotspot for avid hikers and adventurers. However, Piedmont's best-kept secret is not its stunning topography but something more sublime still, a specimen that lies just beneath the surface of the forest floor. Truffles. Local truffle hunters know exactly where to look to find black and white truffles in abundance, though they rely on their trusted companions to bring home their haul. Dogs such as the Lagotto Romagnolo make great truffle hunters because of their impressive sense of smell and responsive demeanour; as puppies, they are trained to sniff out the pungent tubers and relinquish them without complaint.

This week, we celebrate the rich gastronomic heritage of Piedmont in our beef & black truffle tortelloni. Each exquisite tortellone is filled with beautifully tender beef and is embraced by our smooth, creamy truffle butter sauce to serve. The deep, earthy impression of the black truffle will transport you to the oak forests of Langhe - a haven for foodies and avid wanderers alike - perched on the shores of Piedmont's enchanting Lake Maggiore.

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METHOD

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

1. Bring a large saucepan of water to the boil. Salt the water (around 1/2tbsp 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 hazelnuts & Italian cheese. Serve immediately. Buon appetito!

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

Beef & Truffle Tortelloni (200g):

Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour '00', **EGG**, Water) Filling (Beef (49%), Grana Padano (**MILK**, Salt, Rennet, **EGG** Lysozyme), Onion, Carrots, **CELERY**, Breadcrumbs (**WHEAT**), Olive Oil, Water, Garlic, Rosemary, Truffle Cream (Black Truffle, Tuber Aestivum, Salt, Natural Truffle Flavouring), Thyme, Laurel, Salt, White Pepper), Rice Flour

Black 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**)

Vegetarian Italian Grated Cheese (8g):

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

NUTRITION per 100g

CALORIES PER SERVING: 746kcal

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

Match all
items with the
sticker marked:

single portion
Firenze

Match all
items with the
sticker marked:

double portion

Firenze



WINE SUGGESTION: Nebbiolo

Nebbiolo, with its high tannins and full-bodied nature, will pair well with these beef and truffle-filled tortelloni. The rich butter sauce will help to balance Nebbiolo's strong tannins, so as not to overwhelm the palate.

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Match all
items with the
sticker marked:

single portion
Genova

Match all
items with the
sticker marked:

double portion
Genova



WINE SUGGESTION: Barbera d'Alba

The characteristic herbal and dark red fruit notes of Barbera make it a natural pairing for a fennel sausage sauce. The medium tannins and high acidity will also complement this dish.

Sicily's Famous Fennel Sausage Sauce with Rigatoni

ABOUT THE DISH

You know you have landed in Sicily when you catch the anise-like fragrance of wild fennel drifting in the summer breeze. Indigenous to Sicily, the herb adorns the island. You will find its feathery green fronds snaking along roadsides dotted with almond trees, agaves and prickly cactus, or hiding in the bushes that cover the island's Mediterranean shrubland.

Unmistakably fresh, wild fennel is the seasoning of choice for many a traditional dish. But our chef Roberta's favourite expression of this herb is salsiccia e finocchietto - Sicily's famous sausage and fennel sauce - which is the inspiration for this dish. Roberta, a native of Puglia, loves regaling us with tales of her childhood holidays to San Vito Lo Capo, a mountain commune in Northern Sicily, famous for its sausage-making tradition. Inspired by Roberta's memory, our sausage sauce this week is prepared in true Sicilian style. Stewed slowly, the savoury flavour of the sausage is enhanced by the addition of wild fennel and sea salt, creating a beautiful white sauce. We serve this with fresh tubes of rigatoni, a typical Sicilian pasta shape whose grooves are perfect for sopping up every last morsel.

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

METHOD

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre). 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. Serve immediately. Buon appetito!

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

Rigatoni (180g):

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

Sausage and Fennel Sauce (160g):

Pork Sausage (Pork (Origin: UK), White Wine (**SULPHITES**), Garlic, Salt, Pepper), Cream (**MILK**), Onion, Fennel, Chicken Stock (contains **CELERY** Seeds), White Wine (**SULPHITES**), Olive Oil, Garlic, Fennel Seeds, Fresh Chilli, Salt, Black Pepper

Vegetarian Italian Grated Cheese (8g):

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

NUTRITION

per 100g

CALORIES PER SERVING: 922kcal

Energy	1105kJ
Calories	265kcal
Fat	11.1g
Of which saturates	4.4g
Carbohydrates	31.8g
Of which sugars	3.0g
Protein	9.0g
Salt	0.4g

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. Salt the water (around ½tbsp 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. 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

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

Match all
items with the
sticker marked:

single portion
Hurrà

Match all
items with the
sticker marked:

double portion
Hurrà



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.

Match all
items with the
sticker marked:

single portion

Imola

Match all
items with the
sticker marked:

double portion

Imola



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 sauce and will complement the rich 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: 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. Salt the water (around ½tbsp 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. Serve immediately. Buon appetito!

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

Fettuccine (180g):

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

Truffle Alfredo Sauce (135g):

Cream (**MILK**), Water, Vegetarian Cheese (**MILK**, Salt, Vegetarian Rennet), 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

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

Trofie with Walnut Pesto from the Italian Riviera



ABOUT THE DISH

This is a classic dish from Genova that is very rarely available in other parts of Italy, let alone outside of 'lo stivale' (meaning 'the boot', i.e. Italy). Some people from outside of "Zena" (Genova in the Genovese dialect) call this sauce pesto di noci, which, for a born and bred Genovese like our founder Alessandro, is wrong. It is, more properly, salsa di noci (or sarsa de noxi in local Genovese). Our salsa di noci is made with beautiful Sorrento walnuts sourced from Campania. It's a simple but incredibly elegant sauce, highlighting the subtle flavour of the walnuts by quietly featuring fresh oregano, garlic and a drop of milk - which gives salsa di noci its remarkable velvety texture. Belin! (You may need to Google this - it's another local Genovese term...)

We serve our salsa di noci with trofie, a pasta shape hailing from Golfo Paradiso (Gulf of Paradise) in the Liguria region, which is close to Genova on the Western coast of Italy. However, despite being so close in proximity, trofie were not commonly found in Genova until the mid-20th century. The word trofie comes from the Ligurian word 'strufuggiâ', meaning 'to rub', which is a reference to how the dough is prepared. Trofie get their unique twisted shape by rolling and rubbing on a wooden board.

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

METHOD

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre). 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 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. Sprinkle over the walnut crumb and the Italian cheese. Serve immediately. Buon appetito!

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

Trofie Pasta (180g):

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

Walnut Pesto (75g):

Walnuts (**NUTS**), **MILK**, Extra Virgin Olive Oil, Vegetarian Grated Cheese (**MILK**, Salt, Vegetarian Rennet), Pine Kernels, White Bread (**WHEAT** Flour, Water, Salt, Yeast), Salt, Garlic, Marjoram

Walnut Crumb (4g):

Crushed Walnuts (**NUTS**)

Vegetarian Italian Grated Cheese (8g):

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

NUTRITION

per 100g

CALORIES PER SERVING: **873kcal**

Energy	1360kJ
Calories	327kcal
Fat	15.4g
Of which saturates	3.0g
Carbohydrates	35.6g
Of which sugars	1.5g
Protein	10.9g
Salt	0.37g

Match all
items with the
sticker marked:

single portion

Julius

Match all
items with the
sticker marked:

double portion

Julius



WINE SUGGESTION: Ciliegiole

Ciliegiole grapes, grown in central Italy, produce a wine with soft tannins and tempered acidity. It has red fruit notes, especially cherry - as the name suggests. It will pair well with our walnut pesto.

Match all
items with the
sticker marked:

single portion

Kilo

Match all
items with the
sticker marked:

double portion

Kilo



WINE SUGGESTION: Trento

This dry, sparkling white from Trentino-Alto Adige will pair perfectly with the decadent lemon & mozzarella ravioli. Trento's high acidity will help balance out the mozzarella and butter in this dish, whilst the citrus and yellow apple notes will pair well with the lemon.

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. Salt the water (around ½tbsp 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. Serve immediately. 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**, Salt, Potato Starch, Vegetarian Rennet, Citric Acid E330), Ricotta Cheese (Cow's **MILK** Whey, Salt, Acidity Regulator E330), Lemon Zest, Salt, White Pepper, Natural Flavours)

Sage Butter (20g):

Butter (**MILK**), Sage

Italian Grated Cheese (8g):

MILK, Salt, Vegetarian Rennet, **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 Sicily's Pistachio Pesto



ABOUT THE DISH

Orecchiette, literally 'little ears' in Italian, are a perfect example of how amazing pasta can be! Using only flour and water, the little shell shapes have a firm bite, but a soft interior. Orecchiette are known and loved in their rugged home region of Puglia for their ability to scoop up the smaller elements of a sauce. And this is certainly the case for our beautiful plant-based pesto, the orecchiette allowing flecks of deep green Bronte pistachio to nestle within.

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

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

METHOD

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

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre). 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. Sprinkle over the pistachio crumb. Serve immediately. Buon appetito!

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

Orecchiette (180g):

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

Pistachio Pesto (75g):

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

Pistachio Crumb (4g):

Pistachio Nuts (**NUTS**)

NUTRITION per 100g

CALORIES PER SERVING: 906kcal

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

Match all
items with the
sticker marked:

single portion

Livorno

Match all
items with the
sticker marked:

double portion

Livorno



WINE SUGGESTION: Frascati

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

Match all
items with the
sticker marked:

single portion
Milano

Match all
items with the
sticker marked:

double portion
Milano



WINE SUGGESTION: Dolcetto

This medium-bodied, dry red wine from Piedmont pairs well with tomatoes and aubergine. With its black fruit, cocoa, black pepper and floral notes, this wine will stand up to this dish without overwhelming the subtler flavours in the pesto.

Aubergine & Sun-Dried Tomato Triangoli with Wild Rocket Pesto



ABOUT THE DISH

For this plant-based pasta dish, we look to the sun-drenched Italian south for inspiration. Our flavoursome triangoli combines two iconic ingredients ubiquitous and much-loved in the region. The first, aubergine - better known in Italy as "melanzane" - has been grown in Sicily since the 9th century, when it was introduced from South Central Asia, travelling through the Middle East all the way to Europe. The most common aubergine dish in Sicily is pasta "alla Norma".

For our second ingredient, we turn to the prime tomato fields of Puglia, in the small comune of San Pietro Vernotico. Here, the sun-soaked earth, tempered by the cooling coastal breeze renders the most exquisite tomatoes. Freshly picked tomatoes are then roasted slowly, until they begin to desiccate, relinquishing their moisture, though retaining some of their plumpness. This process teases out the natural tart and umami-rich flavour of the tomatoes, which pair beautifully with the subtly smoky aubergine. We conceal this filling within fresh vegan pasta, before dressing the delicate pieces in a plant-based rocket pesto.

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. Salt the water (around ½tbsp 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 1tsp 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. Serve immediately. Buon appetito!

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

Aubergine & Sun Dried Tomato Triangoli (200g):

Pasta (**WHEAT** Flour, Durum **WHEAT** Semola, Sunflower Oil, Sugar, Salt), Filling (Aubergine, Sun Dried Tomatoes, Breadcrumb (**WHEAT**), Extra Virgin Olive Oil, Shallot, Lemon Zest, Salt, Garlic, Basil, Black Pepper, Natural flavour), Rice Flour

Wild Rocket Sauce (30g):

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

NUTRITION

per 100g

CALORIES PER SERVING: 670kcal

Energy	1214kJ
Calories	291kcal
Fat	13.0g
Of which saturates	1.7g
Carbohydrates	7.2g
Of which sugars	1.0g
Protein	6.3g
Salt	2.6g

Gnocchi 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 tasty green leaves of this vegetable as a base combined with fresh 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 fabulously vibrant green pesto is served with our fresh, gluten free gnocchi dumplings. Gnocchi have a long and esteemed history in Italian cuisine, dating all the way back to Ancient Roman times. Although, in those days, before the arrival of the potato from the New World, they were usually made with a combination of flour and bread crumbs.

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

METHOD

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

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre). 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. Take care not to overcook the delicate gnocchi.
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. Sprinkle over the Italian cheese. Serve immediately. Buon appetito!

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

Gluten Free Gnocchi (200g):

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

Cavolo Nero Pesto (75g):

Cavolo Nero, Extra Virgin Olive Oil, Water, Pine Kernels, Vegetarian Hard Cheese (**MILK**, Salt, Vegetarian Rennet), Salt, Garlic

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: 632kcal

Energy	947kJ
Calories	228kcal
Fat	9.5g
Of which saturates	2.3g
Carbohydrates	29.2g
Of which sugars	0.5g
Protein	5.8g
Salt	1.0g

Match all
items with the
sticker marked:

single portion

Napoli

Match all
items with the
sticker marked:


double portion

Napoli



WINE SUGGESTION: Pinot Bianco

Pinot Bianco - from the Northeastern corner of Italy - is deliciously fruity, with notes of apple, pear and honeysuckle. It also has quite a creamy texture, which helps it to pair well with our pesto.



Match all
items with the
sticker marked:

single portion

Otranto

Match all
items with the
sticker marked:

double portion

Otranto



WINE SUGGESTION: Lambrusco

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

Spaghetti alla Carbonara with Crispy Pancetta



ABOUT THE DISH

Now very much a favourite amongst the Pasta Evangelists community – and somewhat of a signature dish – this hedonistic Roman classic is thought to have derived its name from when charcoal burners were used to cook the dish over campfires. For this gluten free dish, we honour tradition, pairing our gloriously creamy carbonara with tangles of fresh spaghetti – which sop up this luxuriant sauce.

That being said, we do enjoy the odd deviation from tradition when preparing our decadent carbonara; we use pancetta instead of guanciale in our sauce, because it imparts a deep, salty intensity that pairs beautifully with the richness of the egg yolk and cream. We finish our carbonara with freshly ground black pepper and generous shavings of Italian cheese. 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: Our gluten free pasta & gnocchi come 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. Salt the water (around ½tbsp 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, 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. Sprinkle over the Italian cheese. Serve immediately. Buon appetito!

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

Gluten Free Spaghetti (180g):

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

Carbonara (135g):

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

Pancetta (35g):

Pork, Salt, Dextrose, Spices and Flavours, 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: 881kcal

Energy	1025kJ
Calories	246kcal
Fat	14.6g
Of which saturates	6.8g
Carbohydrates	13.7g
Of which sugars	1.5g
Protein	14.1g
Salt	1.3g

*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.

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 'tìreme su' means 'pick me up', and we can't help but agree that this tasty treat does exactly what it's 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.



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 Flavours, 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:

single portion

Roma

Match all
items with the
sticker marked:

double portion

Roma



FEBRUARY 15TH - 21ST

Next Week's Menu

Keep the February blues at bay with all of your favourite warming winter dishes...



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