



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.

## THIS WEEK'S MENU

*in partnership with Della Vite, a Prosecco created by the Deleavingne sisters*

8TH - 14TH MARCH

SHARE YOUR PASTA CREATIONS ON   #PASTAEVANGELISTS



## DELLA VITE PROSECCO

### Mother's Day

*This year, we're delighted to celebrate Mother's Day in partnership with Della Vite, the award-winning Prosecco created by the Delevingne sisters. Founded by Chloe, Poppy and Cara Delevingne, Della Vite celebrates the heritage, passion and craft of Prosecco - but at its heart is the celebration of sisterhood, family and friendship.*

The Valdobbiadene hills, in the northern Italian province of Treviso, provide a beautiful backdrop for the

Della Vite winery, which is nestled in this historic region of Italian viticulture. Here, treasured Glera grapes are handpicked from the vine and transformed into luxuriously creamy Della Vite Prosecco Superiore DOCG by artisan wine-makers. Our chefs have used this special Prosecco to create two limited edition filled pasta dishes to celebrate Mother's Day.

We're all about celebrating life's small pleasures and this is enshrined in Della Vite's ethos. To the Delevingne sisters, Prosecco is above all else "informal, spontaneous and free from rules" and it is this spirit which shines through in each sip of their delectable Della Vite Prosecco Superiore DOCG.

# This Week's Menu

Prawn & Della Vite Prosecco Ravioli with Lemon Butter .....	<b>A</b>
Asparagus & Della Vite Prosecco Ravioli with Sage Butter .....	<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 & Mascarpone....	<b>E</b>
Beef Shin & Valpolicella Wine Tortelloni in Sage Butter Sauce	<b>F</b>
Sicily's Famous Fennel Sausage 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>
<b>Gluten Free</b> Gnocchi with Beef Shin & Barolo Wine Ragù .....	<b>N</b>
<b>Gluten Free</b> Fettuccine with Black Truffle Alfredo .....	<b>O</b>
Aperitivo Snack Box.....	<b>Q</b>
Nonna Carmela's Tiramisù .....	<b>R</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 overnight before cooking. Double portions are twice as large. This food has been prepared in a kitchen that also prepares gluten, peanuts, nuts, sesame, crustaceans, fish, egg, milk, soya, celery, mustard, lupin, sulphites, and therefore may contain traces of these.

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



Match all  
items with the  
sticker marked:

single portion  
*Amalfi*

Match all  
items with the  
sticker marked:

double portion  
*Amalfi*



© #PASTAANGELISTS



## WINE SUGGESTION: Della Vite's Superiore D.O.C.G. Prosecco

This is a delicious dry Superiore D.O.C.G Prosecco from the Valdobbiadene hills in Treviso. The notes of citrus blossom will pair beautifully with the prawns in these ravioli.

# Prawn & Della Vite Prosecco Ravioli with a Lemon Butter Sauce

## ABOUT THE DISH

*This year, we're delighted to celebrate Mother's Day in partnership with Della Vite, the award-winning Prosecco created by the Delevingne sisters. Founded by Chloe, Poppy and Cara Delevingne, Della Vite celebrates the heritage, passion and craft of Prosecco - but at its heart is the celebration of sisterhood, family and friendship. There's no better pairing to add some sparkle to our special-edition range of Mother's Day ravioli.*

Let us transport *la tua mamma* to our favourite corner of Italy. Nestled in the middle of northern Italy's Veneto region, in the beautiful province of Treviso, are the Valdobbiadene hills. Hidden in this rolling landscape of gentle peaks and verdant valleys, you'll find a protected historic area of artisanal Italian viticulture, where treasured Glera grapes grow on old vines. Carefully harvested by hand following sustainable methods, these grapes are the heart of Della Vite's Prosecco Superiore D.O.C.G. Our chefs were impressed by the Prosecco's creamy smooth bubbles and soft notes of citrus blossom - the perfect match for our signature *gamberi* ravioli filling.

To the Delevingne sisters, Prosecco is above all else "informal, spontaneous and free from rules". It is this joyous spirit our chefs have worked to layer into this truly special, celebratory dish, which is perfect for raising a glass - as it were - to the people we are most thankful for.

**Note: While we do our best to remove all shell fragments, a very small quantity may occasionally 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. Salt the water (around ½tbsp per litre).
2. Cook the pasta in the boiling water for around 3 minutes.
3. Whilst the pasta cooks, wash the samphire in cold water. 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. Serve immediately. Buon appetito!

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

Prawn, Courgette & Della Vite Prosecco Ravioli (200g):

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

**EGGS**, Water), Filling (Cream (**MILK**), Courgettes, Prawns (**CRUSTACEAN**), Onions, Potato Flakes, Unsalted Butter (**MILK**), Prosecco Wine (**SULPHITES**), Garlic, White Wine (**SULPHITES**), Salt, Parsley, White Pepper), Rice Flour

Lemon Butter (20g):

Butter (**MILK**), Lemon Zest, Salt, Black Pepper

Samphire (9g):

Samphire

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## NUTRITION

per 100g

CALORIES PER SERVING: **698kcal**

Energy	1291kJ
Calories	310kcal
Fat	23.3g
Of which saturates	13.9g
Carbohydrates	19.1g
Of which sugars	1.1g
Protein	5.9g
Salt	0.6g

# Asparagus & Della Vite Prosecco Ravioli with a Sage Butter Sauce



## ABOUT THE DISH

*This year, we're delighted to celebrate Mother's Day in partnership with Della Vite, the award-winning Prosecco created by the Delevingne sisters. Founded by Chloe, Poppy and Cara Delevingne, Della Vite celebrates the heritage, passion and craft of Prosecco - but at its heart is the celebration of sisterhood, family and friendship. There's no better pairing to add some sparkle to our special-edition range of Mother's Day ravioli.*

The Valdobbiadene hills provide a beautiful backdrop for the Della Vite winery, which is nestled in this protected historic area of artisanal Italian viticulture. Here, the treasured Glera grapes grow on vines, from which they are carefully harvested by hand and are transformed, by skilled artisans who are practiced in the craft of wine-making, into luxuriously creamy bottles of Della Vite's Prosecco Superiore D.O.C.G. Our chefs enjoyed the light citrus blossom notes in this *spumante*, which blends perfectly with the fresh stems of spring asparagus selected for this dish.

The Delevingne sisters set out to create a Prosecco that is both "authentic and spirited", and we pay homage to their vision in this tribute to Italian *primavera*. We invite you to delve into these ravioli whilst raising a glass to those we are most thankful for.

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

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

Asparagus & Della Vite Prosecco Ravioli (200g):  
Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour, Pasteurised **EGG**, Water), Filling (Asparagus, Ricotta Cheese (Cow's **MILK**, Cream (**MILK**), Salt, Acidity Regulator: Lactic Acid), Mascarpone Cheese (Cream (**MILK**), Acidity Regulator: Citric Acid), Vegetarian Matured Cheese (Cow's **MILK**, Salt, Microbial Rennet), Butter (**MILK**), Potato Flakes, Prosecco Wine (**SULPHITES**), Onions, Garlic, Salt, Black Pepper), Rice Flour

Sage Butter (20g):  
Butter (**MILK**), Sage

Vegetarian Italian Grated Cheese (8g):  
**MILK**, Salt, Rennet (Microbial Coagulant), **EGG** Lysozyme

Parsley Pangrattato (5g):  
Breadcrumbs (**WHEAT**, Flour, Water, Yeast, Salt), Olive Oil,  
Parsley, Salt, Black Pepper

## 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

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Match all  
items with the  
sticker marked:

single portion  
**Bologna**

Match all  
items with the  
sticker marked:

double portion  
**Bologna**



## WINE SUGGESTION: Della Vite's Superiore D.O.C.G. Prosecco

This is a delicious dry Superiore D.O.C.G Prosecco from the Valdobbiadene hills in Treviso. The notes of citrus blossom will pair beautifully with the spring asparagus in these ravioli.

  #PASTAEVANGELISTS

VALDOBBIADENE  
SUPERIORE  
D.O.C.G.



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

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

Conchiglie (180g):  
Durum **WHEAT** Semola, **WHEAT** Flour, **EGG**, Water, Rice Flour

Lamb Shoulder Ragù (180g):  
Lamb Shoulder (Origin: UK) (33%), Tomato, Water, Onion, Carrot, **CELERY**, Lamb Stock (contains **CELERY** Seeds), White Wine (contains **SULPHITES**), Extra Virgin Olive Oil, Mint, Salt, Garlic, Sugar, Black Pepper

Vegetarian Italian Grated Cheese (8g):  
**MILK**, Salt, Rennet (Microbial Coagulant), **EGG** Lysozyme

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## NUTRITION per 100g

CALORIES PER SERVING: 745kcal	
Energy	846kJ
Calories	202kcal
Fat	5.6g
Of which saturates	2.4g
Carbohydrates	29.1g
Of which sugars	3.2g
Protein	8.7g
Salt	0.5g

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

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre).
2. Cook the pasta in the boiling water for 2-3 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a pan and add 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**, Water, Rice Flour

Wild Boar Ragù (180g):

Tomatoes, Pork (Origin: UK) (17%), Wild Boar (Origin: Spain) (12%), Chicken Stock (contains **CELERY** Seeds), Onion, Red Wine (**SULPHITES**), **CELERY**, Carrot, Extra Virgin Olive Oil, Garlic, Salt, Black Pepper, Bay Leaf

Vegetarian Italian Grated Cheese (8g):

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

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## 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.

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

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

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

Fettuccine (180g):

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

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

Tomato, Pork Sausage (Pork (Origin: UK), White Wine (**SULPHITES**), Garlic, Salt, Pepper) (20%), White Wine (**SULPHITES**), Mascarpone Cheese (**MILK**, Acidity Regulator: Citric Acid) (6%), 'Nduja (Pork, Chilli Pepper, Salt) (6%), 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

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

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

Beef Shin & Valpolicella Tortelloni (200g):

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

Sage Butter (20g):

Butter (**MILK**), Sage

Vegetarian Italian Grated Cheese (8g):

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

## NUTRITION per 100g

**CALORIES PER SERVING: 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

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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: 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).
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**, Water, 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

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



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

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

Squash, Speck & Provola Mezzelune (200g):

Fresh Pasta (Durum **WHEAT** Semola, **WHEAT** Flour, **EGG**, Water), 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's **MILK**, Salt, Rennet, **EGG** Lysozyme), Potato Flakes, Butter (**MILK**), Garlic, Salt, White Pepper, Sage), Rice Flour

Sage Butter (20g):

Butter (**MILK**), Sage

Vegetarian Italian Grated Cheese (8g):

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

## NUTRITION per 100g

CALORIES PER SERVING: **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

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

Match all  
items with the  
sticker marked:

*single portion*

**Hurrà**

Match all  
items with the  
sticker marked:

*double portion*

**Hurrà**



## WINE SUGGESTION: Lambrusco

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. Salt the water (around ½tbsp per litre).
2. Cook the pasta in the boiling water for 3 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a pan. 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**, Water, 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

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

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

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

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

Pappardelle (180g):

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

Wild Mushroom Sauce (170g):

Porcini and Mixed Mushrooms (35%), Mushroom Stock, Cream (**MILK**), Tomato, Onion, Carrot, **CELERY**, Extra Virgin Olive Oil, Butter (**MILK**), Salt, Garlic, Rosemary, Black Pepper, Bay Leaf

Vegetarian Italian Grated Cheese (8g):

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

## NUTRITION

per 100g

**CALORIES PER SERVING: 737kcal**

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

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Match all  
items with the  
sticker marked:

*single portion*

**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. Salt the water (around ½tbsp per litre).
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. Serve immediately. Buon appetito!

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

Black Truffle & Burrata Ravioloni (200g):

Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour '00', Liquid Pasteurised **EGG**, Water), Filling (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)

Hazelnuts (5g):

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

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# 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. Salt the water (around 1/2tbsp per litre).
2. Cook the pasta in the boiling water for 3 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a pan. 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 crumb. Serve immediately. Buon appetito!

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

Orecchiette (180g):

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

Arrabbiata Sauce (135g):

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

Parsley Pangrattato (5g):

Breadcrumbs (**WHEAT**, Flour, Water, Yeast, Salt), Olive Oil, Parsley, Salt, Black Pepper

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## 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. Salt the water (around ½tbsp per litre).
2. Cook the pasta in the boiling water for around 3 minutes.
3. Whilst the pasta cooks, put the pesto in a large bowl. 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. 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, Pine Nuts, Garlic, Salt, Lemon Juice

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## 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



# Gluten Free 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 & gnocchi come in a **brown** bag.

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre).
2. Remove the gluten free gnocchi from the brown bag & 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. 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, Beef Shin (Origin: Republic of Ireland) (26%), Beef Stock (contains **CELERY** Seeds), Onion, Carrot, **CELERY**, Barolo Wine (**SULPHITES**) (1%), Extra Virgin Olive Oil, Salt, Garlic, Sugar, Bay Leaf, Black Pepper

Vegetarian Italian Grated Cheese (8g):

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

## 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

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

Match all  
items with the  
sticker marked:

*single portion*

**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.



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

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre).
2. Remove the gluten free pasta from the brown bag & 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. Serve immediately. Buon appetito!

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

Gluten Free Fettuccine (180g):

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

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 (1%), 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

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# Nonna Carmela's Tiramisù



## ABOUT THE DISH

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

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

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

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



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

Tiramisù (100g):

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

## NUTRITION

per 100g

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

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

Match all  
items with the  
sticker marked:

*single portion*

**Roma**

Match all  
items with the  
sticker marked:

*double portion*

**Roma**





MARCH 15TH - 21ST

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## Next Week's Menu

Put a spring in your step with the deliciously fresh dishes on next week's menu...



@PASTAEVANGELISTS

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This menu is made from 100% recyclable materials