

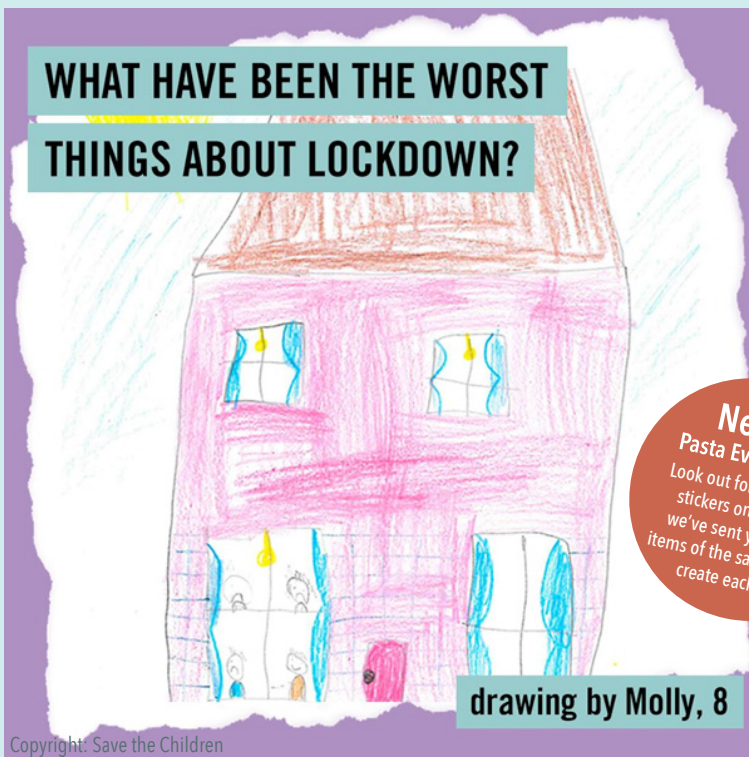


**PASTA**  
EVANGELISTS



**Save the  
Children**

## WHAT HAVE BEEN THE WORST THINGS ABOUT LOCKDOWN?





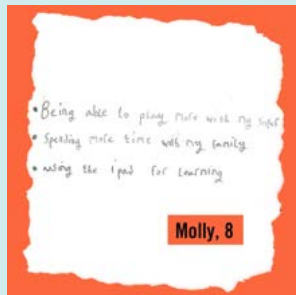
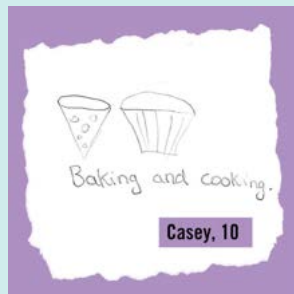
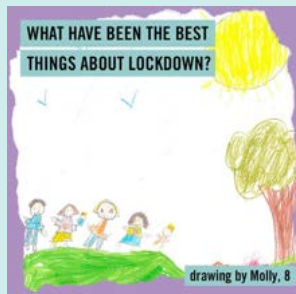
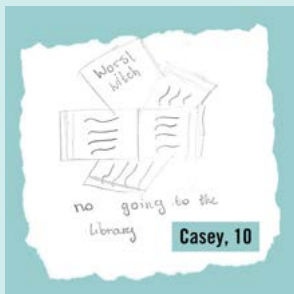
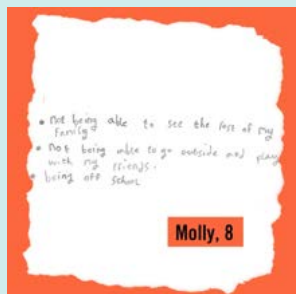
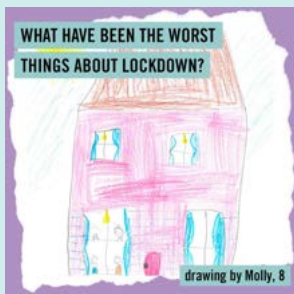
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**New to  
Pasta Evangelists?**  
Look out for the lettered  
stickers on the items  
we've sent you. Match  
items of the same letter to  
create each dish.

# THIS WEEK'S MENU

15TH - 21ST MARCH

SHARE YOUR PASTA CREATIONS ON   #PASTAEVANGELISTS



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## Save the Children

This past year hasn't been easy for anyone, and with schools closed for such a long time, parents across the country were left to pick up the pieces and help their children carry on learning.

Save the Children have been working tirelessly to make sure that families have received the support they need to keep their children safe and healthy. They have created resources to ensure children could continue to learn at home for those who otherwise would have struggled, and their work

has been vital in minimising the education gap that the pandemic inevitably has widened.

We were touched by the positive testimonials of many children who have benefited from the support of this charity, and that's why **this week we're donating 10% of all our profits to Save the Children.** Keeping children healthy and happy in the face of a national crisis is something we wholeheartedly support.



# This Week's Menu

Lobster Squid Ink Ravioli in a Langoustine Bisque.....	<b>A</b>
Beef Shin & Valpolicella Wine Tortelloni with Sage Butter .....	<b>B</b>
'Nduja Sausage & Taleggio Ravioli with a Sage Butter Sauce.....	<b>C</b>
Pumpkin & Sage Triangoli with Wild Rocket Sauce .....	<b>D</b>
<b>Gluten Free</b> Conchiglie alla Puttanesca .....	<b>E</b>
Mafalde with Beef Shin & Barolo Wine Ragù.....	<b>F</b>
Martina's Sardinian Lamb Ragù with Fresh Conchiglie .....	<b>G</b>
"Carbonara of Dreams" with Fresh Bucatini & Pancetta.....	<b>H</b>
Fettuccine with 'Nduja Sausage, Lemon and Mascarpone .....	<b>I</b>
Black Truffle Mac & Cheese .....	<b>J</b>
Radiatori with Fresh Basil Pesto & Pine Nuts .....	<b>K</b>
Pappardelle with a Wild Mushroom Sauce.....	<b>L</b>
Paccheri with a Datterini Tomato & Mascarpone Sauce .....	<b>M</b>
Orecchiette with Sicily's Pistachio Nut Pesto .....	<b>N</b>
<b>Gluten Free</b> Gnocchi with Sausage Ragù from Sardinia .....	<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**



### 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 more salty flavour, a lingering whisper of the ocean the cuttlefish came from, spiring 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, 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 sauce.

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 with cold water. Put the sauce 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 sauce and 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)

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

**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.

# 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*

**Bologna**

Match all  
items with the  
sticker marked:

*double portion*

**Bologna**



## WINE SUGGESTION: Valpolicella

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



Match all  
items with the  
sticker marked:

single portion  
**Capri**

Match all  
items with the  
sticker marked:

double portion  
**Capri**



## WINE SUGGESTION: 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 Taleggio.



# Spicy 'Nduja Sausage & Taleggio Ravioli with a Sage Butter Sauce

## ABOUT THE DISH

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

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

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

## METHOD

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

1. Bring a large saucepan of water to the boil. 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. Serve immediately. Buon appetito!

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

'Nduja & Taleggio Ravioli (200g):

Pasta (Semolina (**WHEAT**), **WHEAT** Flour, Pasteurised **EGG**, Water), Filling (Ricotta Cheese (Pasteurised Cow's **MILK**, Cream (**MILK**), Salt, Acidity Regulator: Lactic Acid), Taleggio (**MILK**, Salt, Rennet), 'Nduja (Pork Fat, Pork Meat, Chilli, Salt), Grana Padano Cheese (**MILK**, Rennet, Salt, **EGG** Lysozyme), Potato Flakes, Olive Oil, Salt, Black Pepper), Rice Flour

Sage Butter (20g):

Butter (**MILK**), Sage

Vegetarian Italian Grated Cheese (8g):

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

## NUTRITION

per 100g

**CALORIES PER SERVING: 723kcal**

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

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# Pumpkin & Sage Triangoli with Wild Rocket Sauce



## ABOUT THE DISH

Did you know that Italians adore the delicate and sweet flesh of pumpkin in their pasta dishes? In fact, so amorous is *il bel paese* for a cube or two of *zucca* (pumpkin) that Italy, despite its relatively small size versus other global producers, is the 8th largest producer of pumpkins in the world. Pasta *ripiena* (filled pasta) with pumpkin is a speciality of the regions surrounding the river Po, including Emilia-Romagna and Lombardia. The exact origin of pumpkin triangoli is hotly debated, as both Mantova and Ferrara have early records of this dish, and therefore both take credit.

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

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

## METHOD

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

1. Bring a large saucepan of water to the boil. 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 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**)

Pumpkin & Sage Triangoli (200g):

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

Wild Rocket Sauce (30g):

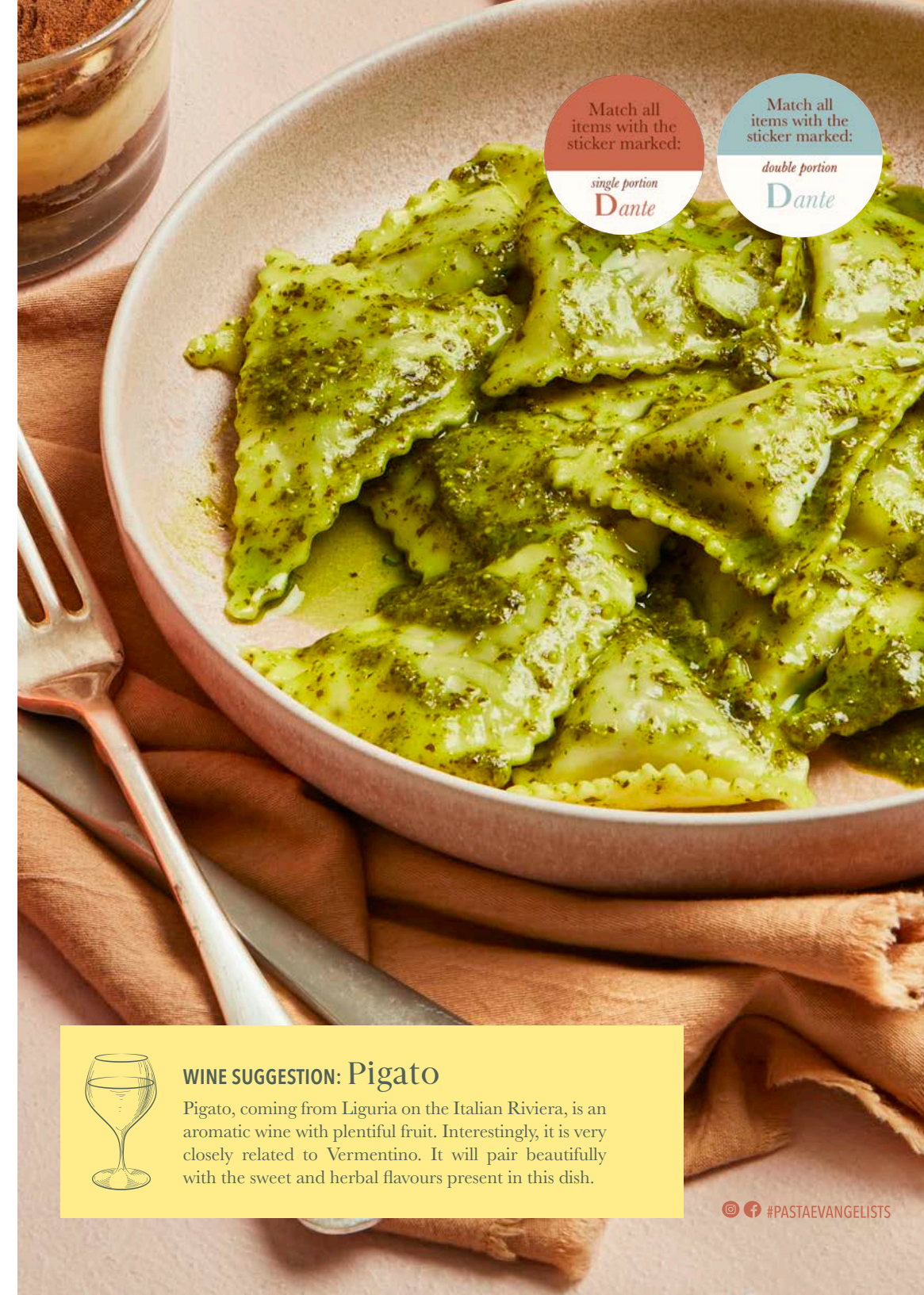
Wild Rocket, Extra Virgin Olive Oil, Pine Nuts, Garlic, Salt

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## NUTRITION per 100g

**CALORIES PER SERVING: 490kcal**

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

A top-down view of a light-colored ceramic bowl filled with ravioli. The ravioli are covered in a vibrant green pesto sauce and melted cheese. To the left of the bowl, a silver fork and knife are placed on a folded orange cloth. In the top left corner, a small glass jar contains a brown powder. Two circular stickers are in the top right corner. The background is a soft, out-of-focus light pink.

Match all  
items with the  
sticker marked:

single portion  
**Dante**

Match all  
items with the  
sticker marked:

double portion  
**Dante**



### WINE SUGGESTION: Pigato

Pigato, coming from Liguria on the Italian Riviera, is an aromatic wine with plentiful fruit. Interestingly, it is very closely related to Vermentino. It will pair beautifully with the sweet and herbal flavours present in this dish.



Match all  
items with the  
sticker marked:

*single portion*

**Etna**

Match all  
items with the  
sticker marked:

*double portion*

**Etna**



## WINE SUGGESTION: Primitivo

As this is a very flavoursome sauce, we recommend a full-bodied red wine. Primitivo, traditionally coming from Puglia in the south of Italy, with its strong tannins and intense black fruit notes, will complement this dish.

# Conchiglie alla Puttanesca



## ABOUT THE DISH

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

And whilst you may not find grains of sand from the Italian coastline within this week's fresh, gluten free conchiglie, you will find that they are the perfect shape to accommodate this week's limited edition plant-based puttanesca sauce. Born in Naples, the largest city of the Campania region, which is also home to the Amalfi Coast, puttanesca is a gutsy, tomato-based sauce, made with plenty of garlic. Traditionally, it's also made with anchovies fished in the Bay of Naples, giving it a deep, savoury taste. We've found, though, that the inclusion of fresh olives and capers, salty and savoury in their own right, is more than ample to give this sauce its characteristic flavour.

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

**Note: 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 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. Serve immediately. Buon appetito!

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

Gluten Free Conchiglie (180g):

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

Puttanesca Sauce (160g):

Passata, Olives, Capers, Extra Virgin Olive Oil, Garlic, Basil, Salt, Chilli

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## NUTRITION per 100g

### CALORIES PER SERVING: 548kcal

Energy	702kJ
Calories	169kcal
Fat	8.2g
Of which saturates	1.7g
Carbohydrates	15.7g
Of which sugars	2.8g
Protein	7.2g
Salt	1.2g

# Mafalde with Beef Shin & Barolo Wine Ragù

## ABOUT THE DISH

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

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

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

## METHOD

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

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

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

Mafalde (180g):

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

Beef & Barolo Ragù (180g):

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

Vegetarian Italian Grated Cheese (8g):

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

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## NUTRITION

per 100g

**CALORIES PER SERVING: 691kcal**

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



Match all  
items with the  
sticker marked:

single portion  
**Firenze**

Match all  
items with the  
sticker marked:

double portion

**Firenze**



## WINE SUGGESTION: Barolo

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

  #PASTAEVANGELISTS

Match all  
items with the  
sticker marked:

single portion  
**Genova**

Match all  
items with the  
sticker marked:

double portion  
**Genova**



## WINE SUGGESTION: Cannonau

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

# Martina's Sardinian Lamb Ragù with Fresh Conchiglie

## ABOUT THE DISH

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

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

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

## METHOD

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

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

Conchiglie (180g):

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

Lamb Shoulder Ragù (180g):

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

Vegetarian Italian Grated Cheese (8g):

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

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## NUTRITION per 100g

**CALORIES PER SERVING: 745kcal**

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



# "Carbonara of Dreams" with Fresh Bucatini & Crispy Pancetta

## ABOUT THE DISH

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

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

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

## METHOD

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

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

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

Bucatini (180g):

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

Carbonara (135g):

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

Pancetta (45g):

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

Vegetarian Italian Grated Cheese (8g):

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

## NUTRITION

per 100g

**CALORIES PER SERVING: 933kcal**

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

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Match all  
items with the  
sticker marked:

*single portion*  
**Hurrà**

Match all  
items with the  
sticker marked:

*double portion*  
**Hurrà**



### WINE SUGGESTION: Lambrusco

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

Match all  
items with the  
sticker marked:

single portion

**Imola**

Match all  
items with the  
sticker marked:

double portion

**Imola**



## WINE SUGGESTION: Sangiovese

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



# Fettuccine with Spicy 'Nduja Sausage, Lemon and Mascarpone

## ABOUT THE DISH

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

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

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

## METHOD

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

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

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

Fettuccine (180g):

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

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

Tomato, Pork Sausage (Pork (Origin: Denmark), White

Wine (**SULPHITES**), Garlic, Salt, Pepper) (20%), White Wine

(**SULPHITES**), Mascarpone Cheese (**MILK**, Acidity Regulator: Citric Acid) (6%), 'Nduja (Pork (Origin: Italy), Chilli Pepper, Salt)

(6%), Onion, Carrot, Extra Virgin Olive Oil, Salt, Garlic, Sugar, Lemon Zest (0.1%), Black Pepper

Vegetarian Italian Grated Cheese (8g):

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

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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

# Black Truffle Mac & Cheese



## ABOUT THE DISH

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

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

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

## METHOD

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

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

Truffle Mac & Cheese (350g):

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

## NUTRITION per 100g

**CALORIES PER SERVING: 566kcal**

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

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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: Trebbiano

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



Match all  
items with the  
sticker marked:

single portion

**Kilo**

Match all  
items with the  
sticker marked:

double portion

**Kilo**



### WINE SUGGESTION: Cortese di Gavi

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

# Radiatori with Fresh Basil Pesto & Pine Nuts



## ABOUT THE DISH

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

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

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

## METHOD

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

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

Radiatori (180g):

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

Pesto alla Genovese (75g):

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

Vegetarian Italian Grated Cheese (8g):

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

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## NUTRITION

per 100g

**CALORIES PER SERVING: 899kcal**

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

# Pappardelle with a Wild Mushroom Sauce



## ABOUT THE DISH

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

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

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

## METHOD

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

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

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

Pappardelle (180g):

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

Wild Mushroom Sauce (170g):

Mixed Mushrooms (Chestnut, Porcini, Oyster, Shiitake, Button) (55%), Water, Double Cream (**MILK**), Corn Flour, Tomatoes, Onions, Carrots, **CELERY**, Extra Virgin Olive Oil, Butter (**MILK**), Salt, Garlic, Rosemary, Porcini Stock, Bay Leaves

Vegetarian Italian Grated Cheese (8g):

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

## NUTRITION

per 100g

**CALORIES PER SERVING: 737kcal**

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

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Match all  
items with the  
sticker marked:

single portion  
**Livorno**

Match all  
items with the  
sticker marked:

double portion  
**Livorno**



### WINE SUGGESTION: Fiano

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

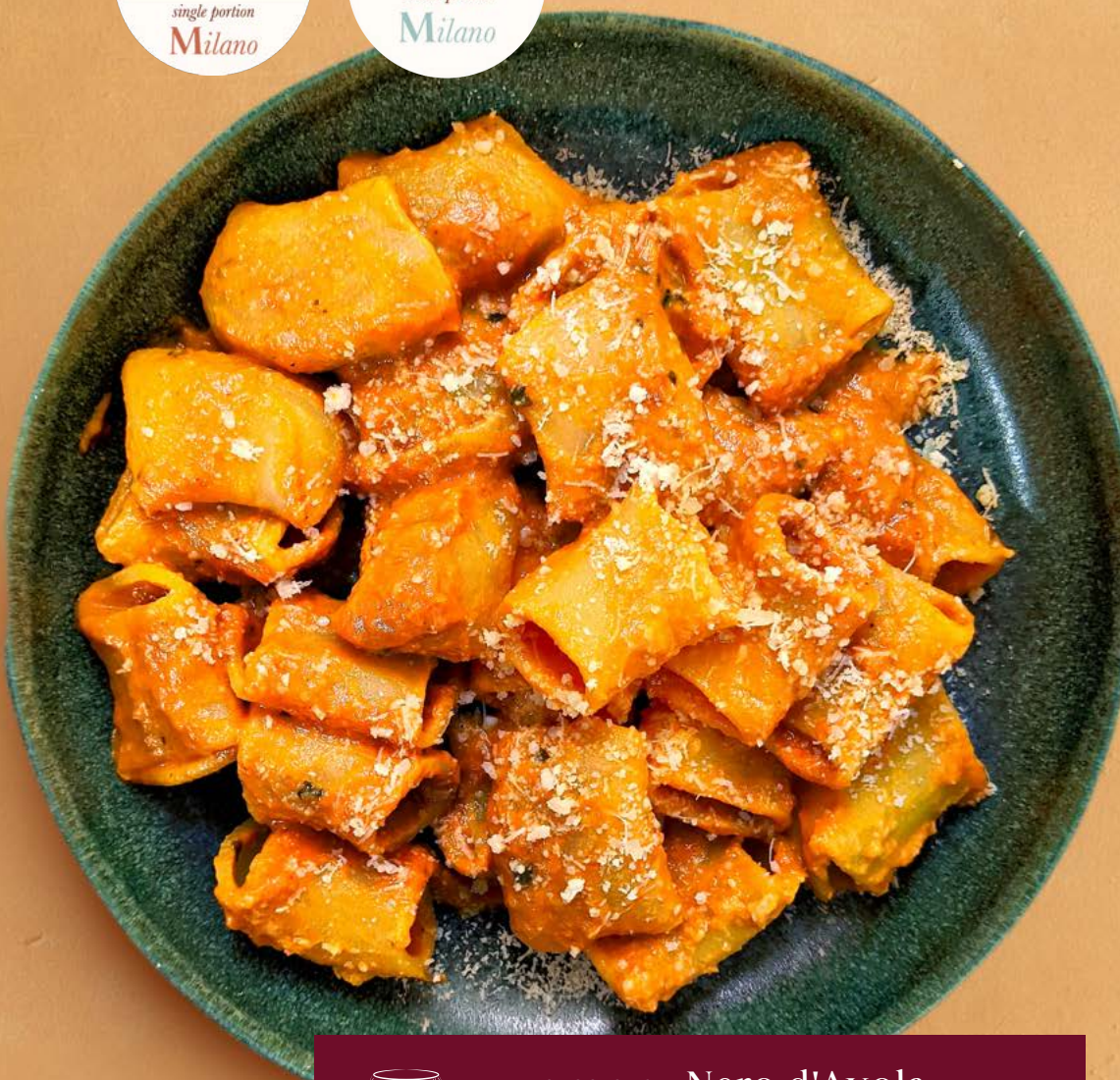


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items with the  
sticker marked:

*single portion*  
**Milano**

Match all  
items with the  
sticker marked:

*double portion*  
**Milano**



### WINE SUGGESTION: Nero d'Avola

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

# Paccheri with a Datterini Tomato & Mascarpone Sauce



## ABOUT THE DISH

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

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

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

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

## METHOD

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

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

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

Paccheri (180g):

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

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

Datterini Tomatoes (37.6%), Mascarpone Cheese (Pasteurised Cow's **MILK**, Cream (**MILK**), Salt, Acidity Regulator; Citric Acid) (8.2%), Water, Onion, Carrot, Extra Virgin Olive Oil, Basil (0.3%), Salt, Garlic, Sugar, Black Pepper

Vegetarian Grated Cheese (8g):

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

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## NUTRITION per 100g

### CALORIES PER SERVING: **756kcal**

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



# Orecchiette with Sicily's Pistachio Nut Pesto



## ABOUT THE DISH

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

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

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

## METHOD

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

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

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

Orecchiette (180g):

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

Pistachio Pesto (75g):

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

Pistachio Crumb (4g):

Pistachio Nuts (**NUTS**)

## NUTRITION per 100g

**CALORIES PER SERVING: 906kcal**

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

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Match all  
items with the  
sticker marked:

single portion

**Napoli**

Match all  
items with the  
sticker marked:

double portion

**Napoli**



### WINE SUGGESTION: Frascati

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



Match all  
items with the  
sticker marked:

single portion

**O**tranto

Match all  
items with the  
sticker marked:

double portion

**O**tranto



## WINE SUGGESTION: Montepulciano d'Abruzzo

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



# Gnocchi with Sausage Ragù from Sardinia



## ABOUT THE DISH

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.

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

## METHOD

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

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

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

Gluten Free Gnocchi (200g):

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

Sausage Ragù (160g):

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

Vegetarian Italian Grated Cheese (8g):

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

## NUTRITION per 100g

**CALORIES PER SERVING: 692kcal**

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

**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.

# 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

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Match all  
items with the  
sticker marked:

*single portion*

**Roma**

Match all  
items with the  
sticker marked:

*double portion*

**Roma**

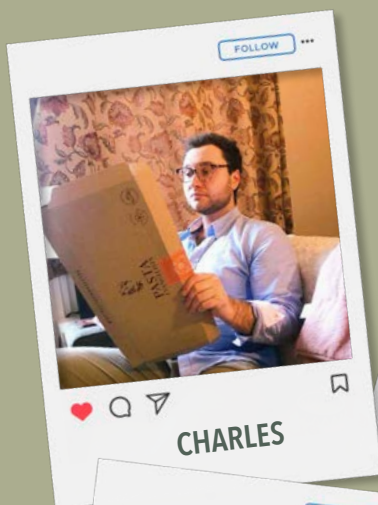




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