

This menu is made from 100% recyclable materials




PASTA
EVANGELISTS

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

THIS WEEK'S MENU

26TH APRIL - 2ND MAY

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Send a FREE Gin & Tonic Kit to Your Nearest and Dearest

It's so important to let the people we care about know that we're thinking of them, and what better way to spread the love than with a FREE Malfy Gin & Tonic kit for two?

Send a kit - including a Malfy Gin Rosa mini, a Malfy Gin con Arancia mini and two Mediterranean Fever Tree tonic waters - to your friends and family AND you'll receive £10 off your next order! What's not to love?

Simply visit pastaevangelists.com/refer to find out more about our rewards scheme and to share your passion for pasta!

This Week's Menu

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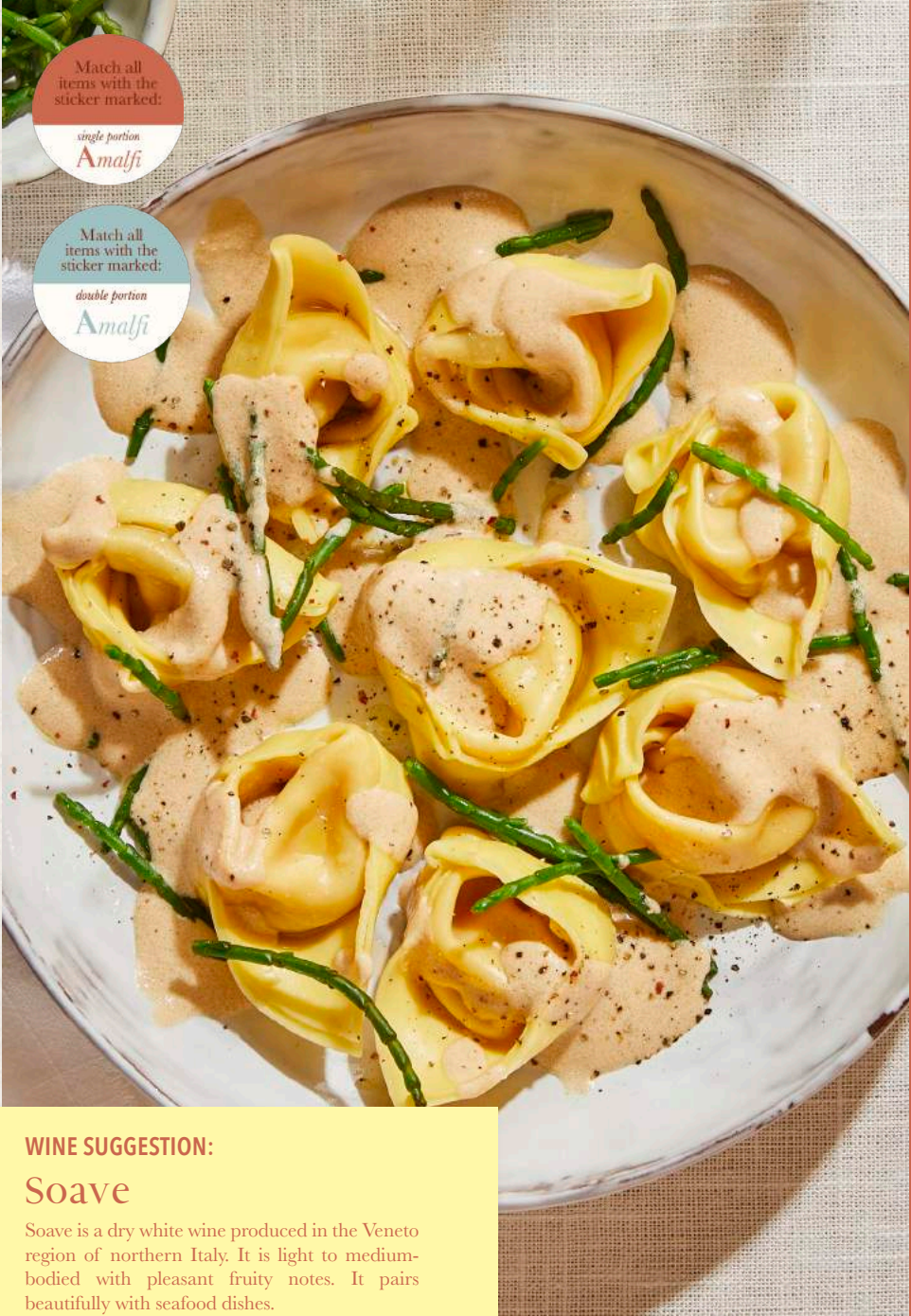
We're all about sharing here at Pasta Evangelists and, with our Refer a Friend programme, showing someone you care is easier than ever!

Visit pastaevangelists.com/refer to learn more about our reward scheme.

Keep chilled at 5°C or below and consume on day of delivery or on the day after delivery.

Alternatively, FREEZE as follows: Pasta, lasagne and sauces can be frozen (below -18 °C) on day of delivery and be kept for up to 1 month in the freezer. Pasta should be cooked directly from frozen. When cooking from frozen, cook the pasta for an additional minute. Sauces and oven pasta dishes need to be defrosted 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, Crab & Prawn Tortelloni in a Langoustine Bisque

ABOUT THE DISH

Seafood is a treasured delicacy in Italy, which is no surprise when you think about the expansive coastline stretching from the northern regions of Veneto and Liguria all the way to the southern island of Sicily. From the shores of the Adriatic sea and the glistening marinas that line the Amalfi coast to the bustling ports of the Italian riviera, seafood is freshly prepared everyday in humble, family-run eateries to be enjoyed by locals and holiday-makers alike. In this dish, we pay homage to the time-honoured culinary traditions of Italy's seaside towns.

Each of our freshly handmade tortelloni is filled with delicious morsels of lobster, crab and prawn, evoking languorous afternoons spent soaking up the sun in il bel paese. This combination of frutti di mare (seafood), literally "fruits of the sea", has been enjoyed in Italy since the days of the Roman Empire and our tortelloni are certainly fit for a noble feast. Served with a velvety langoustine bisque and a scattering of samphire to round it off, you'll want to savour every last mouthful of this delectable dish.

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 4 minutes.
3. Whilst the pasta cooks, wash the samphire in 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, Prawn & Crab Tortelloni (200g):

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

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

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*Hidden talent counts
for nothing*
- Emperor Nero

NUTRITION	per 100g
CALORIES PER SERVING: 800kcal	
Energy	1427kJ
Calories	342kcal
Fat	12.1g
Of which saturates	8.4g
Carbohydrates	12.1g
Of which sugars	1.9g
Protein	7.6g
Salt	0.7g

Lemon & Mozzarella Ravioli with a Sage Butter Sauce

ABOUT THE DISH

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

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

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

Amalfi Lemon & Mozzarella Ravioli (200g):
Fresh Pasta (Durum **WHEAT** Semola, Soft **WHEAT** Flour, Pasteurised **EGG**, Natural Flavouring, Rice Flour),
Filling (Mozzarella Cheese (**MILK**, Salt, Potato Starch, Vegetarian Rennet, Citric Acid), Ricotta Cheese (Cow's **MILK** Whey, Salt, Citric Acid), Lemon Zest, Salt, White Pepper, Natural Flavours)

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

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

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METHOD

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

1. Bring a large saucepan of water to the boil. Salt the water (around 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!

Positano bites deep. It is a dream place that isn't quite real when you are there and becomes beckoningly real after you have gone.

- Positano, John Steinbeck

NUTRITION per 100g

CALORIES PER SERVING: 664kcal

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



WINE SUGGESTION:

Trento

This dry, sparkling white from Trentino-Alto Adige will pair perfectly with these ravioli. The high acidity will help balance out the creamy mozzarella and sage butter, whilst citrus and yellow apple notes pair well with the lemon.



WINE SUGGESTION:

Nebbiolo

The characteristic rose, cherry and anise notes present in Nebbiolo work well with the Tuscan sausage and 'nduja in this dish.

CHEF'S *Special*

Tuscan Sausage & Sage Lasagne

ABOUT THE DISH

The beautiful, rolling hills of Tuscany are home to countless vineyards and the region is fondly nicknamed 'Chiantishire' after the bold red wine that it produces in abundance. However, it is not only for its wine that this region is so well-loved. Tuscany is also famed for its sausage varieties which are characterised by their substantial, meaty texture and make a wonderful filling for any pasta dish. In this week's menu we've incorporated the treasured salsiccia Toscana into our delicious lasagne, and we think it's all the better for it.

Be transported to the winding streets of Florence, Tuscany's capital and an enchanting Renaissance city, with our tasty al forno pasta. You'll find rich sausage meat layered between freshly made sheets of lasagne and our creamy, signature béchamel sauce. This dish also pays homage to the culinary traditions of Calabria, a region in the far south of Italy, with the inclusion of tasty morsels of spicy 'nduja sausage, adding a little spice to this indulgent lasagne. Finished with a generous smattering of Italian cheese this is a celebration of salsiccia in some of its finest forms.

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

Sausage Lasagne (350g):

Pork Sausage (Pork (Origin: Denmark), White Wine (**SULPHITES**), Salt, Garlic, Black Pepper) (52%), Béchamel Sauce (**MILK**, Butter (**MILK**), **WHEAT** Flour, Salt, Black Pepper, Nutmeg), Fresh Pasta (**WHEAT** Flour, **EGG**, Durum **WHEAT** Semolina, Salt, Rice Flour), Grana Padano Cheese (**MILK**, Salt, Rennet, **EGG** Lysozyme), 'Nduja Sausage (Pork (Origin: Italy), Chilli Pepper, Salt) (1%), Sage

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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 crispen up.

*Beauty awakens the soul
to act.*

*- Purgatorio, Dante
Alighieri*

NUTRITION	per 100g
CALORIES PER SERVING: 976kcal	
Energy	1166kJ
Calories	279kcal
Fat	20.9g
Of which saturates	8.4g
Carbohydrates	10.4g
Of which sugars	1.5g
Protein	11.6g
Salt	1.2g

Pici with Roasted Red Pepper Sauce and a Lemon & Mint Pangrattato

ABOUT THE DISH

Is there any vegetable more evocative of the warm sun of Italy than the red pepper, slowly roasted for hours until charred and fragrant? From the pepperonata (a colourful accompaniment to grilled meat) to caponata, enjoyed when the sun is at its most ferocious, the humble pepper is an integral part of the culinary landscape on the picture-perfect island of Sardinia.

In Sardinia, you can ask any passerby - albeit in Sardu, the local language - what the secret to the island's cuisine is and, should you understand the vernacular, they will tell you that the perfect Sardinian dish relies not on elaborate preparation but the use of as few ingredients as possible. Each, however, must be exquisite. And it's this stripped-back list of ingredients that makes this summer sauce so special. Crafted with vibrant red peppers, San Marzano tomatoes and fresh basil, this sauce, and the island of Sardinia which inspired it, are the pinnacle of Italian summer glamour: simply dressed, vibrant and full of character. Feel the warm island breeze with every bite of this delectable dish. We serve with beautiful pici, a pasta type native to Tuscany, where nonne are traditionally known for painstakingly rolling the shape by hand.

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

Pici (180g):
Durum **WHEAT** Semolina, Water, Rice Flour

Red Pepper Sauce (160g):
Red Pepper, San Marzano Tomatoes, Extra Virgin Olive Oil, Salt, Basil

Lemon & Mint Pangrattato (5g):
Breadcrumbs (**WHEAT** Flour, Water, Yeast, Salt), Olive Oil, Lemon Zest, Mint, Salt, Black Pepper

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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 pangrattato. Serve immediately. Buon appetito!

Simplicity is the ultimate sophistication.
- Leonardo da Vinci

NUTRITION per 100g

CALORIES PER SERVING: 761kcal

Energy	973kJ
Calories	234kcal
Fat	11.6g
Of which saturates	1.6g
Carbohydrates	27.0g
Of which sugars	1.8g
Protein	5.0g
Salt	0.4g



WINE SUGGESTION:

Barbaresco

This Piemontese wine has smooth tannins and strong red fruit notes. Red berry flavours, along with cherry and mild spices, make this wine a perfect pairing for our red pepper sauce.



WINE SUGGESTION:

Pinot Bianco

Pinot Bianco, produced in the northern regions of Italy, has bright acidity, a creamy texture and flavours of pear, peach, almond and lemon zest. This combination makes it a perfect match for our gnocchi with Gorgonzola sauce.

CHEF'S *Special*

Gnocchi with Gorgonzola Sauce & Walnuts

ABOUT THE DISH

Gorgonzola is one of the most ancient varieties of blue-veined cheese in the world and originates, so legend has it, from the town of its namesake in the northern Italian region of Lombardia. Some claims even date the conception of this delicacy back to the late ninth century, making it older than Castello Sforzesco, another exceptional piece of Lombardian history. Situated on the Naviglio della Martesana, Gorgonzola is a beautiful town with remnants of its medieval history still evident in small, tucked-away streets which are almost entirely conceded to pedestrians and certainly worth a wander.

To provide a gentle complement to the tangy richness of our Gorgonzola sauce, our chefs have chosen soft gnocchi dumplings. Sit back and savour the blue ripples in the creamy, cheesy sauce, along with a sprinkling of walnuts (a fantastic pairing for Gorgonzola) to serve. Let us transport you to a winter's evening spent gazing along the moonlit canal in the historic Italian town which inspired this dish.

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 gnocchi 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. 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 walnut crumb. Serve immediately. Buon appetito!

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

Gnocchi (200g):

Potato (37%) (Potato Flakes, Potato Starch), Cornstarch, '00' **WHEAT** Flour, Salt, **EGG, MILK**, Preservative: Sodium Disulphite (**SULPHITES**), Antioxidant: Ascorbic Acid, Acidity Regulator: Citric Acid, Emulsifier: Glycerol Monostearate, Stabiliser: Disodium Pyrophosphate, Rice Flour

Gorgonzola Sauce (135g):

Water, Gorgonzola (**MILK**, Salt, Rennet, Moulds) (30%), Mascarpone (Cream (**MILK**), Citric Acid), Vegetarian Italian Grated Cheese (**MILK**, Rennet (Microbial Coagulant), Salt)

Walnut Crumb (8g):

Walnuts (**NUTS**)

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*Cheese digests all but
itself. Mighty cheese.*

- Ulysses, James Joyce

NUTRITION

per 100g

CALORIES PER SERVING: 607kcal

Energy	743kJ
Calories	179kcal
Fat	7.8g
Of which saturates	4.5g
Carbohydrates	23.3g
Of which sugars	5.2g
Protein	3.2g
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.

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

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

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, Free Range

Pasteurised **EGG**, Natural Flavouring, 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

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

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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 balked 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**)

Black Truffle Mac & Cheese (350g):

MILK, Pasta (Durum **WHEAT** Flour, Water), Water, Emmental Cheese (**MILK**, Salt, Starter Culture), Butter (**MILK**), **WHEAT** Flour, Vegetarian Hard Cheese (**MILK**, Salt, Microbial Rennet), Black Truffle Sauce (Mushrooms, Sunflower Oil, Olive Oil, Black Olives, Salt, Summer Truffle (Tuber Aestivum Vit), Flavouring, Salt), Breadcrumbs (**WHEAT** Flour, Sunflower Oil, Dextrose, Yeast, Salt, Malted **WHEAT** Flour, **BARLEY** and Corn Malt Extract), Truffle Oil (Extra Virgin Olive Oil, Truffle Flavouring)

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NUTRITION per 100g

CALORIES PER SERVING: 566kcal

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

Match all
items with the
sticker marked:

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, Free Range

Pasteurised **EGG**, Natural Flavouring, Rice Flour

Wild Mushroom Sauce (170g):

Mixed Mushrooms (Chestnut, Porcini, Oyster, Shiitake, Button)

(32%), Water, Double Cream (**MILK**), Corn Flour, Tomato,

Onion, Carrot, **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

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NUTRITION

per 100g

CALORIES PER SERVING: 737kcal

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

Match all
items with the
sticker marked:

single portion
Livorno

Match all
items with the
sticker marked:

double portion
Livorno



WINE SUGGESTION: Fiano

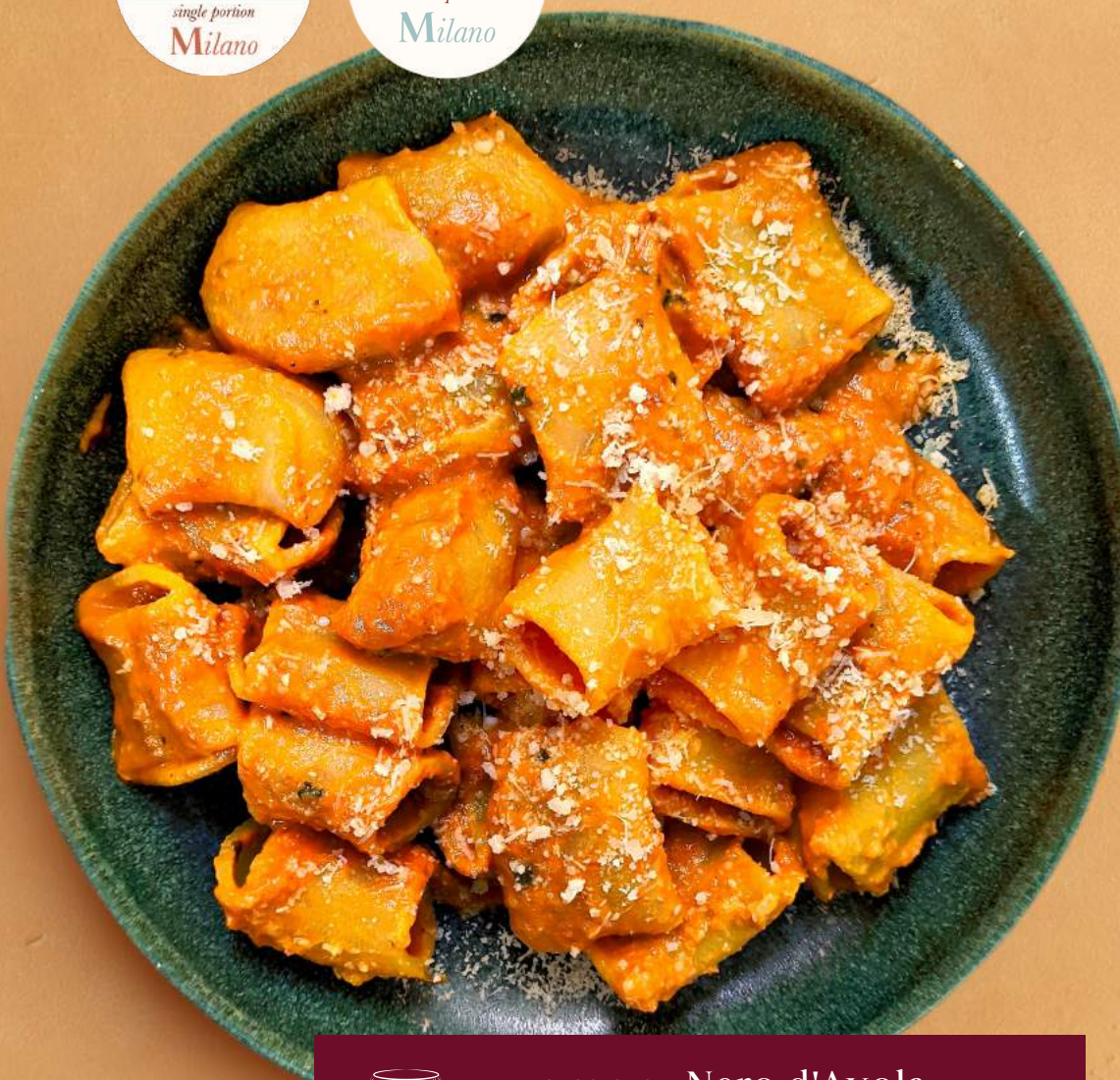
Fiano is commonly grown in southern Italy, particularly in Campania. Its characteristic nutty, floral and honey notes along with slight spice and tropical fruit flavours make it a perfect pairing for our wild mushroom sauce.

Match all
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):

Tomatoes including Datterini (72%), Mascarpone Cheese (Pasteurised Cow's **MILK**, Cream (**MILK**), Salt, Acidity Regulator; Citric Acid) (8%), Water, Onion, Carrot, Extra Virgin Olive Oil, Basil, 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 4 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 4 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, Water, Vegan Cheese (Water, Starch, Modified Starch, Coconut Oil, Sea Salt, Rice Protein, Flavours, 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.

A large bowl of pasta with a meat sauce and a glass of red wine. The pasta is a wide, flat ribbon shape, likely Otranto, and is topped with a rich, dark meat sauce and shaved Parmesan cheese. The glass is a simple, elegant design with a wide bowl and a thin stem, filled with a deep red wine. The background is a neutral, light-colored surface.

Match all
items with the
sticker marked:

single portion
Otranto

Match all
items with the
sticker marked:

double portion
Otranto

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.



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. It might then come as a surprise that despite the rather conflicting status of this animal – eaten and revered in equal measure – that 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 even 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. We do our best to ensure these are removed prior to cooking. 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, Free Range

Pasteurised **EGG**, Natural Flavouring, Rice Flour

Wild Boar Ragù (180g):

Tomatoes, Pork (Origin: UK) (17%), Wild Boar (Origin: Spain)

(12%), Water, Onion, **CELERY**, Carrot, Red Wine (**SULPHITES**),

Salt, Extra Virgin Olive Oil, Garlic, Sugar, Chicken 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: 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

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 'tìreme 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 maîtresse 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



NEXT WEEK'S CHEF'S SPECIALS

3RD - 9TH MAY

Look out for some of our favourite dishes on next week's menu...



CHEF'S
Special

Spaghetti alla Puttanesca with
a Parsley Pangrattato



CHEF'S
Special

Burrata & Sundried Tomato
Tortelloni with Sage Butter



CHEF'S
Special

'Nduja & Taleggio Ravioli
with Sage Butter



CHEF'S
Special

Spicy Chorizo Sausage &
Beef Shin Ragù Lasagne

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

This menu is made from 100% recyclable materials