

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

31ST MAY - 6TH JUNE

SHARE YOUR PASTA CREATIONS WITH US   #PASTAEVANGELISTS



FESTA DELLA REPUBBLICA

This national festival is celebrated every year on June 2nd, the anniversary of the founding of the Italian Republic. The biggest celebrations take place in Rome where the festivities kick off with a parade along Via dei Fori Imperiali. This is followed by a dramatic flyover by the Frecce Tricolori, the aerobatics segment of the Italian airforce, leaving behind them a smoking trail of green, white and red, the colours of the national flag.

Up and down the country people enjoy the national holiday and good food and wine are in abundance! Why not celebrate yourself with a pasta feast?

This Week's Menu

Salmon & Mascarpone Ravioloni with Dill Butter.....	A
Mushroom, Truffle & Sausage Tortelloni with Thyme Butter ...	B
Malloreddus with Sausage Ragù from Sardinia	C
Burrata & Sun-Dried Tomato Ravioli with Sage Butter.....	D
Gnocchi with Black Truffle Butter Sauce & Hazelnut Crumb ...	E
Mafalde with Beef Shin & Barolo Wine Ragù.....	F
Martina's Sardinian Lamb Ragù with Fresh Conchiglie	G
"Carbonara of Dreams" with Fresh Bucatini & Pancetta.....	H
Fettuccine with 'Nduja Sausage, Lemon and Mascarpone	I
<i>New & Improved:</i> Black Truffle Mac & Cheese	J
<i>New & Improved:</i> Fresh Basil Pesto with Radiatori.....	K
Pappardelle with a Wild Mushroom Sauce.....	L
Rigatoni with a Datterini Tomato & Mascarpone Sauce	M
<i>New & Improved:</i> Tagliatelle with Sicily's Pistachio Pesto.....	N
Tuscany's Famous Wild Boar Ragù with Fresh Pappardelle	O
Aperitivo Snack Box.....	Q
Nonna Carmela's Tiramisù	R
Spaghetti alla Chitarra with a Fresh Datterini Tomato Sauce.....	S




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 fish-filled pasta.

Salmon & Mascarpone Ravioloni with Dill Butter & Lemon Pangrattato

ABOUT THE DISH

Whilst not strictly native to the Mediterranean, salmon ('salmon' in Italian) has nevertheless featured in Italian gastronomy for many decades. Salmon has become particularly prolific in the restaurants and trattorie lining the the Italian Riviera, where it's often combined with soft, delicate cheeses (like mascarpone, our choice here) and fresh herbs. Curiously, salmon is one of the few seafood-filled pastas where Italians countenance the addition of cheese when serving. Our preference, though, given the rich mascarpone-based filling and dill butter sauce accompaniment, is to forgo the formaggio here.

In preparing these ravioloni, our chefs combine Italian mascarpone cheese, which is mellow and recognised for its ability to carry other flavours, with fresh, coral-coloured salmon. Once filled, each ravioloni is carefully sealed to protect the filling. This week's limited edition salmon pasta is served with a dill-infused butter. Whilst dill is only seldom seen in Italian kitchens, its pretty green fronds and fresh anise notes are both beautiful and delicious when enjoyed with salmon. To finish, we add a sprinkling of lemon pangrattato, which always seems to spirit us away to the Italian seaside.

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

Salmon Ravioloni (200g):

Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour "00", **EGG**), Filling (Salmon (**FISH**) (Farmed in Norway, Scotland, Faroe Islands or Iceland), Mascarpone (Cream (**MILK**), Acidity Adjuster: Citric Acid E330), Smoked Salmon (**FISH**) (Origin: UK), Garlic, White Wine (**SULPHITES**), Parsley, Salt, Lemon Zest, Black Pepper), Rice Flour

Dill Butter (20g):

Butter (**MILK**) (87%), Dill (10%), Salt, Black Pepper

Lemon Pangrattato (5g):

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

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Note: While we do our best to remove them prior to cooking, some fish bones may remain in the filling as this is a handmade product. 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 lemon pangrattato. Serve immediately. Buon appetito!

*Creating is the essence
of life.*

- Julius Caesar

NUTRITION

per 100g

CALORIES PER SERVING: 433kcal

Energy	790kJ
Calories	190kcal
Fat	11.6g
Of which saturates	5.6g
Carbohydrates	4.5g
Of which sugars	0.7g
Protein	3.5g
Salt	1.4g

Mushroom, Truffle & Sausage Tortelloni with Thyme Butter & Hazelnuts

ABOUT THE DISH

From porcini and pioppini to morels and chanterelles, the sprawling forests in the foothills of the Italian Alps are fertile ground for many varieties of wild mushroom. For centuries, these precious delicacies have been carefully foraged by local villagers, taking pride of place in dishes from the Valle d'Aosta region of northern Italy. These hearty tortelloni will transport you to the stunning woodlands that adorn the shores of Lago Blu.

In these mouthwatering morsels, our mushrooms are paired with tartufo and salsiccia (truffle and sausage) in homage to the culinary traditions of the north. Served with a beautiful burro di timo – thyme butter – the subtle woody impression of this herb perfectly complements the savoury sausage flavour. Favoured in Alpine Italian cooking for hundreds of years, thyme, like mushrooms and truffles, can be found thriving in the wild, where its perennial nature means that there is a near-infinite supply available, if you know where to look. We finish this dish with a sprinkling of Piedmontese hazelnuts, which pair fantastically with the ingredients included in this North Italy-inspired filling.

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

Mushroom, Truffle & Sausage Tortelloni (200g): Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour "00", **EGG**), Filling (Mixed Mushrooms (Champignon, Shitake, Gelone, Porcini, Chanterelle), Ricotta Cheese, (Cow's **MILK**, Cream (**MILK**), Salt, Acidity Regulator: Lactic Acid), Sausage with Truffle (Pork (Origin: Italy), Salt, Dextrose, Vegetable Fibres, Flavours, Spices, Antioxidants: E300, E301, Acidity Regulators: E262, E331, Preservative: E250), Onion, Butter (**MILK**), Texturtec (Potato Flakes (Potatoes, Emulsifier: E471), Starch (Corn), Rice Cream, Vegetarian Fibres (Carrot/Bamboo), Grana Padano (Cow's **MILK**, Rennet, Salt, Preservative: **EGG** Lysozyme), White Wine (**SULPHITES**), Black Pepper, Salt, Thyme, Parsley, Garlic, Rosemary), Rice Flour

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

Hazelnuts (5g):
Hazelnuts (**NUTS**)

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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: 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, put the butter in a pan, cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Lift the pasta out of the water and transfer to the butter. Toss gently to coat.
5. Sprinkle over the hazelnuts. Serve immediately. Buon appetito!

Positano...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: 648kcal

Energy	1210kJ
Calories	290kcal
Fat	16.0g
Of which saturates	8.6g
Carbohydrates	25.3g
Of which sugars	1.0g
Protein	12.0g
Salt	0.9g



WINE SUGGESTION:

Fiano

Fiano is commonly grown in southern Italy, particularly in Campania. Its characteristic nutty, floral and honey notes along with tropical fruit flavours make it a perfect pairing for our mushroom, truffle and sausage-filled triangoli.



WINE SUGGESTION:

Barbera d'Alba

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

Mallorreddus with Sausage Ragù from Sardinia

ABOUT THE DISH

Mallorreddus, also known as 'gnocchetti sardi' ('small gnocchi from Sardinia'), hail from the Italian island of Sardegna where they have been made for special occasions for centuries. The diminutive of 'malloru' ('bull' in Sardinian dialect), 'mallorreddus' means 'fat little calves'. As tradition dictates, on the night of her wedding, a Sardinian bride will parade through town wearing silver jewellery with a large basket of mallorreddus that she has made by hand. She is closely followed by her family until she reaches the doorstep of her betrothed, who scares off her entourage with rifle shots. The bride then enters, eating her mallorreddus from the same plate as her new husband thus signalling the start of a happy and long-lasting marriage.

Those who hand-craft these little pearls of Sardinian cuisine follow a traditional process that involves cutting the pasta dough into cubes and pressing them against a ciuliri (a sieve or riddle traditionally made of straw). This is what creates their distinctive ridged conch-shaped form. Whilst they lend themselves to a variety of sauces, in true Sardinian fashion, we've paired our mallorreddus with campidanese sauce, a traditional Sardinian ragù made with sausage, tomatoes and fennel seeds.

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

Mallorreddus (180g):

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

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

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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. 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!

*You may have the
universe if I may have
Italy.*
- Giuseppe Verdi

NUTRITION

per 100g

CALORIES PER SERVING: **789kcal**

Energy	949kJ
Calories	227kcal
Fat	7.6g
Of which saturates	2.8g
Carbohydrates	30.9g
Of which sugars	3.5g
Protein	8.5g
Salt	0.8g

Burrata & Sun-Dried Tomato Ravioli with a Sage Butter Sauce

ABOUT THE DISH

For this week's ravioli we look to the the prime tomato fields of Puglia, in the small comune of San Pietro Vernotico. Here, in Italy's driest region, tomatoes are salted and left out to dry out in the unrelenting heat of the sun, until they take on a potent but sweet flavour. We temper these tart morsels with fresh burrata, the jewel in the crown of Italian cheeses and another Puglian treasure. Renowned for its buttery consistency and delicate flavour, burrata is crafted by artisan cheesemakers across this region.

This creamy cheese also happens to be our head chef - and Pugliese native - Roberta's favourite midnight snack, as local caseifici (cheesemongers) produce the delicacy through the night. Indeed, many are familiar with visits from Roberta after a few too many of her signature "La Vita È Dolce" ("Life is Sweet") cocktails on a Friday night. We dress our ravioli in sage butter which teases out the sweet flavour of the sun-dried tomato. A scattering of formaggio completes this tribute to Pugliese cuisine and promises to transport you to southern Italia on a sensory journey!

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

Burrata & Sun-Dried Tomato Ravioli (200g):
Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour '00',
Pasteurised **EGGS**, Natural Flavouring), Filling (Burrata
Cheese (**MILK**, Salt, Microbial Rennet), Ricotta Cheese
(Cow's **MILK** Whey, Salt, Acidity Regulator: Citric Acid),
Sundried Tomatoes, Breadcrumbs (**WHEAT**), Salt, White
Pepper, Natural Flavouring), Rice Flour

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!

*Everything you see I owe
to pasta.*

- Sophia Loren

NUTRITION

per 100g

CALORIES PER SERVING: **638kcal**

Energy	1166kJ
Calories	280kcal
Fat	17.7g
Of which saturates	10.9g
Carbohydrates	23.0g
Of which sugars	1.8g
Protein	12.8g
Salt	0.8g



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 filling and the creaminess from the burrata will balance the tannins.



WINE SUGGESTION:

Verdicchio

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

Gnocchi with Black Truffle Butter Sauce & Hazelnut Crumb

ABOUT THE DISH

The word gnocchi comes from the Italian nocchio, meaning 'knot in wood', and the same root for where Carlo Collodi got the name for his character Pinocchio, a puppet made from wood. Gnocchi have been a staple in Italy since Ancient Roman times, but have changed over time. Our potato gnocchi are made by hand using a traditional wooden roller, with the dough formed into little pieces & rolled on a special board to give them their unique shape.

We anoint our fresh gnocchi dumplings with burro di tartufo, or truffle butter. Made with shards of tartufo nero (black truffle) sourced in the Italian region of Umbria, the truffle butter melts down into a wonderfully fragrant sauce to dress the gnocchi. Aside from adding beautiful lustre, the butter sauce provides full on flavour. Whilst it isn't usually traditional to serve formaggio with truffle, we make an exception here to up the indulgence quotient. You might even choose to pair this comforting dish with a glass of bubbles, welcoming in the chilly winter evenings with glamour.

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. Stir regularly to prevent sticking.
3. Whilst the gnocchi cooks, put the butter in a pan, gently heat until steaming and then turn off the heat.
4. Once cooked, transfer the pasta to the butter. Toss gently to coat.
5. Sprinkle over the hazelnuts and Italian cheese. Serve immediately. Buon appetito!

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

Gnocchi (200g):

Water, Potato (37%) (Potato Flakes, Potato Starch), Maize (Maize Starch), 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

Truffle Butter (35g):

Butter (**MILK**), Truffle Sauce (Mushrooms, Sunflower Oil, Extra Virgin Olive Oil, Black Olives, Salt, Summer Truffle (1%), Flavouring) (10%), Truffle Oil (Olive Oil, Truffle Aroma (1%))(5%)

Vegetarian Italian Grated Cheese (8g):

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

Hazelnuts (5g):

Hazelnuts (**NUTS**)

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*To tell the story of the truffle
is to tell the history of world
civilisation.*

- Alexandre Dumas

NUTRITION

per 100g

CALORIES PER SERVING: 545kcal

Energy	979kJ
Calories	234kcal
Fat	9.2g
Of which saturates	5.6g
Carbohydrates	32.8g
Of which sugars	1.7g
Protein	3.9g
Salt	1.1g

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.

PERFECT PASTA *at home*



Bring Italy to
your kitchen with
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PASTA
EVANGELISTS

PASTA EVANGELISTS COOKBOOK

Ciao ragazzi. I'm Roberta, head pastaia and sfoglina at Pasta Evangelists...We sfoglina (as the plural goes) have usually learned our craft directly from our nonne, or grandmothers, when we were little girls. To this day, I use the knife passed down to me by my own nonna, Maria-Assunta...From my kitchen to yours, happy cooking and buon appetito.

- Roberta d'Elia

Join Finn and Roberta as they explore Italy in 80 recipes. Travelling from Venice, in the northeastern corner of the country, all the way down to the southern islands of Sicily and Sardinia, our lovely *pastaia* bring you a selection of their favourite dishes from every region.

From 10 minute meals to dinner party showstoppers *Perfect Pasta at Home* has everything you could wish for and more.

Scan the QR code or visit amazon.co.uk to preorder your copy or visit and be whisked away to *il bel paese*.



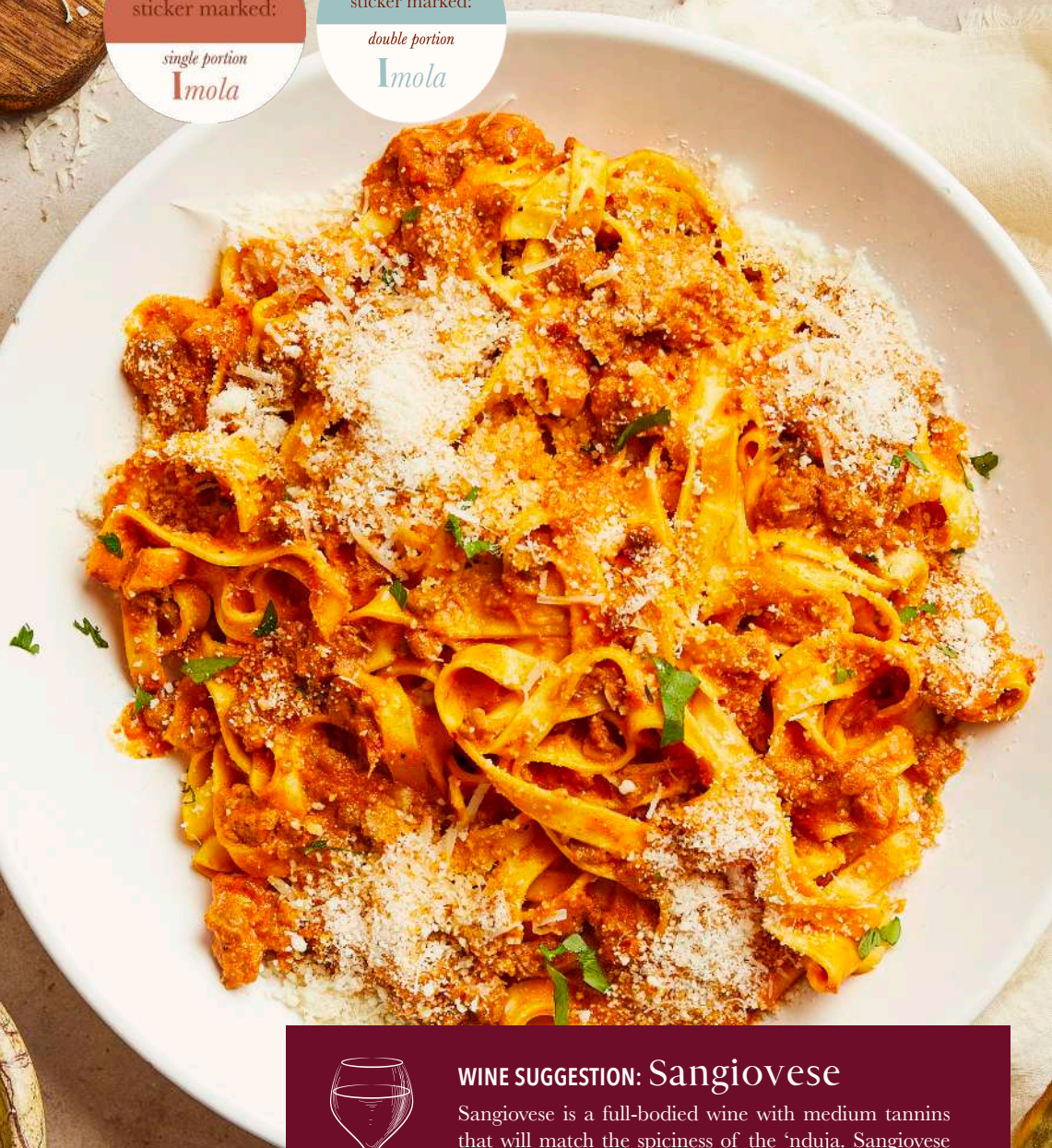
Match all
items with the
sticker marked:

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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New & Improved: Black Truffle Mac & Cheese



ABOUT THE DISH

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

We looked to Piedmont for inspiration when concocting our take on the Italo-American classic: Mac & Cheese. We've layered some of our favourite varieties of cheese into this decadent, creamy dish and added a scattering of sumptuous truffle to honour the rich gastronomic heritage of northern Italy. The final result is irresistible, and we invite you to close your eyes and delve in for a sensory journey through the oak forests of Langhe, perched on the shores of Piedmont's Lake Maggiore.

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 190°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 20 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.
4. After removing your pasta from the oven, allow it to rest for 5 minutes before serving. Buon appetito!

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

Truffle Mac & Cheese (350g):

MILK, Pasta (17%) (Durum **WHEAT** Flour, Water), Emmental Cheese (12%) (**MILK**, Salt, Starter Culture, Microbial Rennet), Water, Butter (**MILK**), **WHEAT** Flour, Vegetarian Hard Cheese (3%) (**MILK**, Salt, Microbial Rennet), Black Truffle Sauce (1%) (Meadow Mushrooms (Agaricus Bisporus), Sunflower Oil, Extra Virgin Olive Oil, Black Olives, Salt, Summer Truffle (Tuber Aestivum Vit) (1%), Flavouring), Salt, Truffle Oil (Extra Virgin Olive Oil, Truffle Flavouring), Breadcrumbs (**WHEAT** Flour, Sunflower Oil, Dextrose, Yeast, Salt, Malt Flour, **BARLEY** and Corn Malt Extract)

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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.

New & Improved: Fresh Basil Pesto & Pine Nuts with Radiatori

ABOUT THE DISH

Our delicious basil pesto pays homage to the culinary traditions of Liguria, a region in the northwest of Italy, which is home to the beautiful Italian Riviera. This stunning stretch of coastline is adorned by charming towns with picturesque marinas that are lined with alluring eateries. Whilst the glamour of the riviera attracts yachts full of aristocrats and a-listers, it is the simplicity and authenticity of Liguria's cuisine that appeals most of all to us. With just a handful of fresh ingredients, local *nonne* - grandmothers - can whip up a feast, drawing on a culinary heritage which has stood the test of time. Our pesto recipe is a tribute to the dramatic port city of Genova, and incorporates only the traditional ingredients that this classic *salsa* - sauce - should.

Generous handfuls of fresh basil are blended with pine nuts, Parmesan and Pecorino Romano to create a rich sensory experience for those lucky enough to taste this pesto. Our founder, Alessandro, a native of Genova, fondly recalls preparing this classic sauce with his nonna many years ago. They would gather the fresh ingredients and combine them using a pestle and mortar to create this delicacy. Today we are serving our classic basil pesto with radiatori, which are small, squat pieces of pasta thought to be inspired by the radiator grill of the famous 1960s Bugatti motor car. The deep grooves in these pasta ensure that every last morsel of pesto will make it into your mouth, offering a taste of Liguria in all its glory.

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):

Extra Virgin Olive Oil, Basil (27%), Pine Nuts, Parmigiano

Reggiano PDO Cheese (**MILK**, Salt, Animal Rennet), Pecorino Cheese (**MILK**, Salt, Animal Rennet), Garlic, Salt, Black Pepper

Vegetarian Italian Grated Cheese (8g):

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

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NUTRITION per 100g

CALORIES PER SERVING: 995kcal

Energy	1551kJ
Calories	371kcal
Fat	19.8g
Of which saturates	3.8g
Carbohydrates	38.6g
Of which sugars	2.7g
Protein	10.0g
Salt	0.24g

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.

Rigatoni 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

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre).
2. Cook the pasta in the boiling water for 3-4 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a pan and add 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**)

Rigatoni (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

New & Improved: Tagliatelle with Sicily's Pistachio Pesto



ABOUT THE DISH

Languorous summer afternoons spent soaking up the Sicilian sunshine offer an escape from reality like no other. This island paradise, located off Italy's southern tip, is a uniquely beautiful cultural melting pot, with Arabic, Norman and Baroque influences visible throughout the island's towns and cities. The glistening emerald ocean and the golden sandy beaches of Sicily create a haven for visitors to the island, but our inspiration for this dish can actually be found further inland. The Bronte pistachio is one of Sicily's finest delicacies, known among locals as the oro verde or 'green gold' because of its beautiful colour. This distinguished nut is showcased in all its green glory in this dish.

To prepare this island-inspired pesto, we blend pistachios with Italian cheese and fresh parsley. The result is vibrant and refreshing. The restorative properties of this salsa - sauce - are evocative of Sicily itself; nourishment for the soul. We serve our verdant pesto with fresh strands of tagliatelle, which are the perfect shape to mop up every last morsel of sauce. Be spirited away to this enchanted Mediterranean island with every mouthful.

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 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 and Italian cheese. Serve immediately. Buon appetito!

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

Tagliatelle (180g):

Durum **WHEAT** Semola, **WHEAT** Flour, Free Range

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

Pistachio Pesto (75g):

Extra Virgin Olive Oil, Pistachio Nuts (**NUTS**) (20%), Vegetarian

Hard Cheese (**MILK**, Salt, Microbial Rennet), Flat Leaf Parsley, Garlic, Salt, Black Pepper

Pistachio Crumb (5g):

Pistachio Nuts (**NUTS**)

Vegetarian Italian Grated Cheese (8g):

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

NUTRITION

per 100g

CALORIES PER SERVING: 1063kcal

Energy	1647kJ
Calories	396kcal
Fat	22.1g
Of which saturates	4.6g
Carbohydrates	38.5g
Of which sugars	2.9g
Protein	10.5g
Salt	0.31g

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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 close-up photograph of a white ceramic bowl filled with wide, ribbed pasta (like farfalle or farfalle) covered in a rich, red meat sauce. The pasta is garnished with shavings of white cheese. In the background, a glass of red wine is partially visible, and another bowl of the same dish is out of focus.

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 'tireme su' means 'pick me up', and we can't help but agree that this tasty treat does exactly what it promises. Created as a nineteenth century aphrodisiac by the maitresse of a pleasure house, tiramisù quickly became a popular dessert enjoyed by all, despite its somewhat risqué origin story.

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

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



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

Tiramisù (100g):

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

NUTRITION

per 100g

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

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

Match all
items with the
sticker marked:

single portion

Roma

Match all
items with the
sticker marked:

double portion

Roma



Match all
items with the
sticker marked:

single portion

Siena

Match all
items with the
sticker marked:

double portion

Siena



WINE SUGGESTION: Vernaccia

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

Spaghetti alla Chitarra with a Fresh Datterini Tomato Sauce



ABOUT THE DISH

This vibrant pasta dish is made with fresh datterini tomatoes from the island of Sicily. There, in the abundant sunshine, they take on a beautiful, blushing colour and a delicious, earthy fragrance. Literally meaning "dates", datterini tomatoes, like their namesake, are known for their exceptional sweetness. By slow-roasting them with a generous amount of fresh basil and extra virgin olive oil, this natural sweetness shines through. In true Italian style we've used a limited number of ingredients for this dish, but each is of the highest quality, ensuring the final dish is as fresh and flavoursome as can be!

In a nod to the Italian region of Abruzzo we've paired this datterini tomato sauce with spaghetti alla chitarra. Translating to 'guitar string spaghetti', these pasta strands are so named because the traditional tool used to cut them resembles a guitar with wire strings. For this particular dish we've used spaghetti bianca or 'white spaghetti' (which are made without egg) so this tasty pasta is entirely plant-based.

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. Serve immediately. Buon appetito!

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

Spaghetti (180g):

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

Datterini Tomato Sauce (135g):

Datterini Tomatoes (41%), Plum Tomatoes, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Carrot (**SULPHITES**), Onion, **CELERY (SULPHITES)**, Extra Virgin Olive Oil, Garlic, Salt, Basil, Black Pepper, Sugar, Bay Leaf

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NUTRITION

per 100g

CALORIES PER SERVING: 548kcal

Energy	694kJ
Calories	166kcal
Fat	1.7g
Of which saturates	0.2g
Carbohydrates	31.3g
Of which sugars	2.2g
Protein	5.7g
Salt	0.14g

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7TH - 13TH JUNE

Look out for these delicious dishes on our
menu next week...



CHEF'S
Special

Sea Bass, Lemon & Mascarpone
Ravioli with Lemon Butter &
Lemon Pangrattato



CHEF'S
Special

Braised Beef & Red Wine
Ravioloni with Sage Butter



CHEF'S
Special

Fresh Basil Lasagne from the
Italian Riviera



CHEF'S
Special

Radiatori with Pulled Pork &
Cavolo Nero Ragù

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This menu is made from 100% recyclable materials