

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 JULY - 1ST AUGUST

SHARE YOUR PASTA CREATIONS WITH US   #PASTAEVANGELISTS



PASTA SCHOOL SPECIAL WITH ROBERTA & MALFY GIN

Led by Head Chef Roberta, our pasta school is perfect for those looking to learn the techniques of *pasta fatta a mano* (pasta made by hand). For this special class we're delighted to be working with our *amici* from **Malfy Gin** and the event includes an introduction to this wonderful gin, inspired by the Amalfi Coast. The Malfy team will keep the Italian gin & tonics flowing throughout the class.



Scan the QR code to find out more and book your place.

This Week's Menu

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Italian Profiterole Cup with Cioccolato & Cream	V
Nonna Carmela's Tiramisù	W

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-filled pasta.

Lobster, Crab & Prawn Squid Ink Ravioli in a Langoustine Bisque

ABOUT THE DISH

The Italian term for "seafood", *frutti di mare*, or "fruits of the sea", seems to encapsulate how Italians feel about seafood. It's something special: a treasure bestowed by the oceans on the people walking the land. This reverence for seafood has been seen on the Italian peninsula for millennia, certainly since the days of ancient Rome, where nobles feasted on lobster, octopus, crab, prawns and more.

In this dish we've created a piece of edible melodrama. In it, *nero di seppia*, or squid ink, is the protagonist. The ink imparts a subtle flavour into the dish, one that we can reassure you is neither strong nor overpowering - as the ink's enveloping blackness might suggest. Instead, it's more a salty flavour: a taste of brine. For us, it's a lingering whisper of the ocean the cuttlefish came from, spiriting us away to the Venetian seaside.

We serve these special ravioli in a langoustine bisque. To finish, there's a scattering of *asparagi di mare*, samphire, to round off this celebration of Italian seafood.

Note: While we do our best to remove all shell fragments, a very small quantity may occasionally remain in the filling. Store at 5°C or below. Consume or freeze on the day of delivery or the day after delivery.

METHOD

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

1. Bring a large saucepan of water to the boil. Salt the water (around ½tbsp per litre).
2. Cook the pasta in the boiling water for around 3 minutes.
3. Whilst the pasta cooks, wash the samphire 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, Crab & Prawn Squid Ink Ravioli (200g):

Pasta (Semolina **WHEAT** Flour, **WHEAT** Flour, Black Squid Ink Powder (**MOLLUSCS**), Water), Filling (Prawns (**CRUSTACEAN**), Crab (**CRUSTACEAN**), White Wine (**SULPHITES**), Lobster (**CRUSTACEAN**), Butter (**MILK**), Garlic, Pepper, Parsley, Dried Red Chillies), Rice Flour

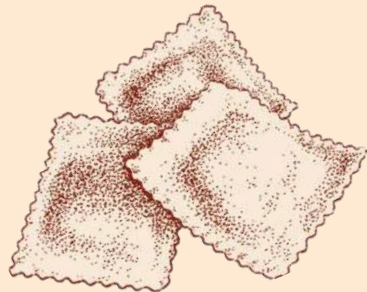
Langoustine Bisque (70g):

Water, Langoustine (Scampi Heads & Claws/Scampi Shells) (**CRUSTACEANS**), Tomato Sauce (Plum Tomatoes, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Carrot (**SULPHITES**), Onion, **CELERY** (**SULPHITES**), Extra Virgin Olive Oil, Garlic, Salt, Sugar, Black Pepper, Bay Leaf), Plum Tomatoes, **CELERY**, Shallots, Double Cream (**MILK**), Extra Virgin Olive Oil, Tomato Paste (Tomatoes, Acidity Regulator: Citric Acid), **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Unsalted Butter (**MILK**), Garlic, Parsley, Salt, Black Pepper, Bay Leaf

Samphire (9g):

Samphire

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NUTRITION

per 100g

CALORIES PER SERVING: **440kcal**

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

CHEF'S *Special*

Grilled Halloumi, Ricotta & Mint Ravioloni with Lemon Butter & Pine Nuts

ABOUT THE DISH

For this wonderfully summery dish we've taken our inspiration from across the Mediterranean sea, turning to the sun-kissed island of Cyprus. Here, goats and sheep roam freely through the country's mountainous interior, shading themselves from the heat of the day under the leafy cedar trees that adorn the landscape. Halloumi cheese, a pivotal ingredient in this dish and a Cypriot delicacy, is made from a blend of goat's and sheep's milk and we pair this tangy cheese with creamy ricotta - a nod to Sicily - to create a delightfully decadent filling for our ravioloni. The pairing with mint adds a fresh, invigorating flourish to our dish and leaves a lingering taste of summer on the palate which is complemented by our zesty lemon butter. Finish with a scattering of toasted pine nuts to complete the Mediterranean reverie.

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

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

Grilled Halloumi, Ricotta & Mint Ravioloni (200g):
Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour "00", Spinach Powder), Filling (Halloumi Cheese (Pasteurised Blend of Cow's, Goat's & Sheep's **MILK**, Salt, Non-Animal Rennet, Mint), Ricotta Cheese (Cow's **MILK** Whey, **MILK**, Salt, Acidity Regulator: Lactic Acid), Peas, Grana Padano Cheese (Cow's **MILK**, Rennet, Salt, Preservative: **EGG** Lysozyme), Pasteurised **EGG**, Mint, Black Pepper), Rice Flour

Lemon Butter (20g):
Butter (**MILK**), Lemon Peel

Pine Nuts (4g):
Pine Nuts

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METHOD

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. Meanwhile, lightly toast the pine nuts in a dry frying pan until they begin to brown.
4. Lift the pasta out of the water and transfer to the butter. Toss gently to coat.
5. Sprinkle over the pine nuts and serve immediately. Buon appetito!



NUTRITION

per 100g

CALORIES PER SERVING: **809kcal**

Energy	1486kJ
Calories	357kcal
Fat	24.2g
Of which saturates	13.4g
Carbohydrates	20.4g
Of which sugars	2.7g
Protein	14.5g
Salt	1.0g



WINE SUGGESTION:

Vernaccia

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



WINE SUGGESTION:

Barolo

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

Roberta's Lasagna Rustica with Slow-Cooked Beef Shin Ragù

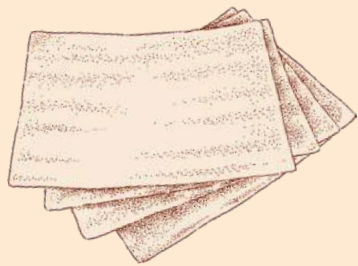
ABOUT THE DISH

Our slow-cooked beef shin lasagne is gloriously meaty. Whilst inspired by the Italian region of Emilia-Romagna, the home of the traditional beef bolognese, Roberta prefers beef stracotto here, where larger chunks of meat that are cooked until sumptuously tender - rather than the traditional mince of a bolognese sauce. We've simmered our beef shin with a carefully selected blend of aromatics to create a rich ragù which is then layered between soft sheets of lasagne and our velvety, nutmeg-infused béchamel. This northern masterpiece is one of Roberta's favourites to make as it reminds her of childhood holidays spent in the beautiful, ancient city of Ravenna. The dish is best enjoyed - in other words, we like it a little sloppy! The layers should blend together to create a wonderful medley of flavours so that with each mouthful you're transported to the medieval streets and enchanting of Emilia-Romagna.

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

METHOD

1. Preheat your oven to 200°C (180°C fan) and place a baking tray in the middle of the oven.
2. Remove the card sleeve and the film from the pasta but leave it in its card box.
3. Place the pasta in its box directly onto the hot baking tray and cook for 20 minutes, until piping hot.
4. Remove your pasta from the oven and allow it to rest for 5 minutes before serving. Buon appetito!



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

Beef Lasagne (350g):

Beef Shin Ragù (Tomatoes, Beef Shin (Origin: Republic of Ireland) (26%), Red Wine (**SULPHITES**), Onion, Carrot, **CELERY**, Beef Stock (contains **CELERY** Seeds), Rosemary, Garlic, Salt, Black Pepper, Extra Virgin Olive Oil, Bay Leaf, Thyme, Sugar) (46%), Béchamel Sauce (**MILK**, **WHEAT** Flour, Butter (**MILK**), Salt, Pepper, Nutmeg), Fresh Pasta (**WHEAT** Flour, **EGG**, Durum **WHEAT** Flour, Salt), Grana Padano Cheese (**MILK**, Salt, Animal Rennet, Preservative: **EGG** Lysozyme)

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NUTRITION

per 100g

CALORIES PER SERVING: **451kcal**

Energy	539kJ
Calories	129kcal
Fat	6.9g
Of which saturates	3.8g
Carbohydrates	9.5g
Of which sugars	3.5g
Protein	7.1g
Salt	1.0g

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

ABOUT THE DISH

For this dish, we source inspiration from the sun-scorched region of Puglia, the heel of Italy's 'boot'. Famed for its rustic cuisine, consider these tortelloni a somewhat decadent take on Puglia's rich culinary heritage. To prepare our ravioloni filling, we turn to 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 sweet-yet-umami flavour. We temper these tart morsels of flavour with fresh burrata, the jewel in the crown of Italian cheeses.

Renowned for its buttery consistency and delicate flavour, burrata is crafted by artisan cheesemakers across Puglia. Burrata also happens to be our head chef Roberta's favourite midnight snack, as local *caseifici* (cheesemongers) produce the delicacy through the night. We dress our ravioloni in sage butter; this herb does a great job at teasing out the sweet flavour of the sun-dried tomato. A scattering of formaggio completes this tribute to Pugliese cuisine. And while we wholeheartedly trust Roberta's culinary judgement, we think these ravioloni are best consumed in the daylight hours, al fresco with a refreshing aperitivo in hand!

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

Burrata & Sun-Dried Tomato Ravioloni (200g):
Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour "00", Liquid Pasteurised **EGGS**), Filling (Burrata Cheese (Pasteurised **MILK**, Cream UHT (**MILK**), Salt, Microbial Rennet, Lactic Culture, Acidity Regulator: Lactic Acid), Vegetarian Mozzarella (Pasteurised Buffalo **MILK**, Natural Whey (**MILK**), Salt, Microbial Rennet), Sun-Dried Tomato, Ricotta Cheese (Pasteurised Cow's **MILK**, Cream (**MILK**), Salt, Acidity Regulator: Lactic Acid), Bread Crumbs (**WHEAT**), Salt, Black Pepper), 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

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 cheese. Serve immediately. Buon appetito!



ENERGY	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:

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 complement the truffle flavour and will balance out the creaminess of the sauce.

Fettuccine with Black Truffle Alfredo

ABOUT THE DISH

Whilst many have come to regard Alfredo sauce as an Italo-American creation, we can confirm that its true origins lie in Italy. This delicious, creamy sauce was the work of Alfredo di Lelio in early twentieth-century Rome. Di Lelio's wife, Ines, was pregnant in 1908 and was suffering from severe nausea and so the worried restaurateur developed a new recipe, combining several different varieties of cheese wrapped around long strands of pasta, in the hope that his wife would be able to eat it. Praying to Saint Anna, the protector of pregnant women, Alfredo served up this dish and his prayer was answered!

This cheesy pasta sauce was not only a triumph with Ines but went down a treat at Di Lelio's restaurant in Rome where it was often served with fettuccine. It was through Hollywood stars Douglas Fairbanks and Mary Pickford - who sampled the dish on their honeymoon in Rome - that Alfredo's sauce travelled to America where it became a firm favourite. Our indulgent take on this classic dish incorporates the pungent joy of northern Italy's black truffles into a smooth, creamy sauce. We serve our truffle Alfredo with fettuccine to recreate that romantic night in Rome.

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

METHOD

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.
4. 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.
5. Lift the pasta out of the water and transfer to the sauce. Toss gently to coat.
6. Sprinkle over the cheese. Serve immediately. Buon appetito!



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

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

Truffle Alfredo Sauce (135g):
Cream (**MILK**), Water, Vegetarian Cheese (**MILK**, Salt, Vegetarian Rennet), Butter (**MILK**), Truffle Sauce (1%) (Mushrooms, Sunflower Oil, Extra Virgin Olive Oil, Summer Truffle (1%), Black Olives, Salt, Aromas), Truffle Oil (0.5%) (Extra Virgin Olive Oil, Truffle Aroma (1%))

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

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NUTRITION	per 100g
CALORIES PER SERVING: 878kcal	
Energy	1132kJ
Calories	272kcal
Fat	12.1g
Of which saturates	7.0g
Carbohydrates	32.1g
Of which sugars	2.7g
Protein	8.5g
Salt	0.14g

Venetian Duck Ragù with Freshly Made Gnocchi

ABOUT THE DISH

The city of Venice is one defined by its heritage - from the grand Byzantine architecture that rises from the landscape, to its labyrinthine canals and waterways. A direct path to the Adriatic Sea, echoes of the Ottoman Empire ring throughout the city. Venice's Middle Eastern heritage endures in its modern cuisine, too: spices like cinnamon, saffron, and nutmeg are commonplace in Venetian cooking. Few dishes are more emblematic of this heritage than the classic Venetian duck ragù, which blends rich duck meat with wine, bay leaf, and exotic herbs and spices.

As is often the case in Italy, the origin of duck ragù is disputed. Some suggest the dish was the brainchild of Catherine de' Medici in the sixteenth century, who sought to take advantage of the abundance of birds that lived on the River Arno in Tuscany. However, most regard this dish as quintessentially Venetian. Indeed, duck had long been domesticated during the days of the Republic of Venice, and an early version of this ragù was commonly enjoyed with bigoli pasta. While many Venetian restaurants still honour this traditional pairing, we relish this ragù most when paired with our rustic gnocchi dumplings.

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

Gnocchi (210g):

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

Duck Ragù (180g):

Tomato, Duck Leg (Origin: France) (26%), Water, **CELERY**, Carrots, Onion, Black Olives, Red Wine (**SULPHITES**), Chicken Stock (contains **CELERY** Seeds), Garlic, Sugar, Mint, Salt, Extra Virgin Olive Oil, Black Pepper, Bay Leaf

Vegetarian Italian Grated Cheese (8g):

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

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Note: While we do our best to ensure any bones are removed prior to cooking, there may be some fragments present in the sauce. 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 2 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 cheese. Serve immediately. Buon appetito!



NUTRITION

per 100g

CALORIES PER SERVING: 526kcal

Energy	554kJ
Calories	132kcal
Fat	2.5g
Of which saturates	1.0g
Carbohydrates	21.8g
Of which sugars	5.5g
Protein	5.1g
Salt	1.5g



WINE SUGGESTION:

Ciliegiolo

Ciliegiolo, grown in central Italy, leads to a wine with soft tannins and tempered acidity. It has red fruit notes, especially cherry - as the name suggests. It will pair well with our meaty duck 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 2 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.
4. Transfer the pasta to the sauce, toss gently to coat and cook for 1 further minute.
5. Sprinkle over the cheese. Serve immediately. Buon appetito!

Chef's Flourish: For a little extra indulgence you could add a small knob of butter to the pan with the ragù in step 4.

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

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, pan-fry the pancetta on a medium-high heat. Once crispy, transfer the pasta to the pan and toss gently to mix with the pancetta, cook for 1 further minute.
4. Take the pan off the hob, allow it to rest for 1 minute and then add the sauce along with 2tbsp (30ml) of the boiling pasta cooking water. Turn the heat back on and warm through for a few seconds until the pasta and sauce are steaming.
5. Sprinkle over the cheese. Serve immediately. Buon appetito!

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

Bucatini (180g):

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

Carbonara (140g):

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

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 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.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat and cook for 1 further minute.
5. Sprinkle over the cheese. Serve immediately. Buon appetito!

Chef's Flourish: If you have some fresh parsley you could roughly chop the leaves and sprinkle them over your pasta to serve.

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

Fettuccine (180g):

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

'Nduja Sausage, Lemon & Mascarpone Sauce (175g):

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 your oven to 200°C (180°C fan) and place a baking tray in the middle of the oven.
2. Remove the card sleeve and the film from the pasta but leave it in its card box.
3. Place the pasta in its box directly onto the hot baking tray and cook for 25 minutes, until piping hot.
4. Remove your pasta from the oven and allow it to rest for 5 minutes before serving. Buon appetito!

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

Truffle Mac & Cheese (350g):

Pasta (36%) (Durum **WHEAT** Semolina, Water), Truffle Velouté (36%) (Vegetable Stock (Onion, Carrot, **CELERY**, Water, Olive Oil, Leek, Tomato, Parsley, Garlic, Bay Leaves), Cream (**MILK**), Shallots, Butter (**MILK**), **WHEAT** Flour, Truffle Sauce (3%) (Meadow Mushrooms (*Agaricus Bisporus*), Sunflower Oil, Extra Virgin Olive Oil, Black Olives, Salt, Summer Truffle (1%) (*Tuber Aestivum Vitt*), Flavouring), Vegetable Oil, Garlic, Salt, Thyme, Truffle Oil (0.3%) (Extra Virgin Olive Oil, Truffle Flavouring), Marjoram, Mint, Sage, Bay Leaves, Black Pepper, Nutmeg), Vegetarian Hard Cheese (11%) (**MILK**, Salt, Microbial Rennet), Emmental (8%) (**MILK**, Salt, Starter Culture, Vegetarian Rennet), Cheddar (8%) (**MILK**, Salt, Culture, Enzymes)

NUTRITION per 100g

CALORIES PER SERVING: 566kcal

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

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Match all
items with the
sticker marked:

single portion

Julius

Match all
items with the
sticker marked:

double portion

Julius



WINE SUGGESTION: Trebbiano

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

Match all
items with the
sticker marked:

single portion

Kilo

Match all
items with the
sticker marked:

double portion

Kilo



WINE SUGGESTION: Cortese di Gavi

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

Fresh Basil Pesto Lasagne from the Italian Riviera



ABOUT THE DISH

The region of Liguria, in the northwest of Italy, has a vibrant coastline filled with bustling port towns and frequented by glamorous yachts, earning the area its reputation as the Italian Riviera. The towns and cities along this stretch of the coast are home to many exclusive restaurants, drawing the rich and famous from Italy and beyond. Many such establishments draw on the culinary heritage of Liguria for their inspiration, turning to classic staples of the region, such as focaccia and pesto alla genovese. The latter is a delicacy that we simply can't get enough of, the combination of vibrant basil and earthy pine nuts is almost irresistible and this delicious Ligurian sauce has inspired our special lasagne.

Our beautiful basil pesto envelopes verdant green French beans, carefully layered between freshly rolled sheets of lasagne and wrapped in a velvety béchamel sauce, in this week's Chef's Special. The fresh impression this dish leaves on the palate evokes a spring evening in Liguria spent gazing out over the sapphire blue ocean, a brisk sea breeze grazing your shoulders. Indulge in our lasagne alla genovese and be transported to the moonlit riviera.

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

METHOD

1. Preheat your oven to 200°C (180°C fan) and place a baking tray in the middle of the oven.
2. Remove the card sleeve and the film from the pasta but leave it in its card box.
3. Place the pasta in its box directly onto the hot baking tray and cook for 25 minutes, until piping hot.
4. Remove your pasta from the oven and allow it to rest for 5 minutes before serving. Buon appetito!

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

Pesto Lasagne (350g):

Basil Pesto (Fresh Basil (36%), Extra Virgin Olive Oil, Vegetarian Hard Cheese (**MILK**, Salt, Microbial Rennet), Pine Nuts, Garlic, Salt) (43%), Béchamel Sauce (**MILK**, **WHEAT** Flour, Butter (**MILK**), Salt, Pepper, Nutmeg), Fresh Pasta (**WHEAT** Flour, **EGG**, Durum **WHEAT** Flour, Salt), Fine Beans, Pine Nuts, Vegetarian Hard Cheese (**MILK**, Salt, Microbial Rennet)

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NUTRITION per 100g

CALORIES PER SERVING: 1025kcal

Energy	1216kJ
Calories	293kcal
Fat	22.3g
Of which saturates	6.6g
Carbohydrates	12.2g
Of which sugars	1.9g
Protein	8.9g
Salt	1.5g



GET YOUR FEAST ON

Complete your pasta party with our delicious charcuterie platter or a tasty tiramisù and save 15% when you order our double portions.



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

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 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a pan and add 1-2tbsp (15-30ml) of the boiling pasta cooking water. Take care to ensure you squeeze all the sauce from the pouch. Gently heat until steaming.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat and cook for 1 further minute.
5. Sprinkle over the cheese. Serve immediately. Buon appetito!

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

Pappardelle (170g):

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

Wild Mushroom Sauce (175g):

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: 713kcal

Energy	845kJ
Calories	202kcal
Fat	6.8g
Of which saturates	3.5g
Carbohydrates	29.3g
Of which sugars	2.5g
Protein	6.1g
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: Trento

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

Lemon & Mozzarella Ravioli with a Sage Butter Sauce



ABOUT THE DISH

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

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

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

METHOD

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 cheese. Serve immediately. Buon appetito!

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

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 Grated Cheese (8g):

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

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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

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. Generously salt the water (around ½tbsp per litre).
2. Cook the pasta in the boiling water for 2 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a pan and add 2tbsp (30ml) of the boiling pasta cooking water. Take care to ensure you squeeze all the sauce from the pouch. Gently heat until steaming.
4. Transfer the pasta to the sauce, toss gently to coat and cook for 1 further minute.
5. Sprinkle over the cheese. Serve immediately. Buon appetito!

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

Rigatoni (180g):

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

Datterini Tomato, Mascarpone & Basil Sauce (170g):

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: 769kcal

Energy	896kJ
Calories	215kcal
Fat	7.7g
Of which saturates	4.4g
Carbohydrates	29.9g
Of which sugars	3.4g
Protein	6.4g
Salt	0.14g

Match all
items with the
sticker marked:

single portion

Napoli

Match all
items with the
sticker marked:


double portion

Napoli



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.

A close-up photograph of a white ceramic bowl filled with wide, flat, ruffled pasta (like farfalle or farfalle) coated in a rich, red meat sauce. The pasta is topped with a generous amount of finely shredded white cheese, likely Parmesan. In the background, a glass of red wine is partially visible, and a larger metal bowl of the same pasta dish is out of focus. Two circular callouts are overlaid on the top left of the image, providing matching instructions for items. The bottom of the image features a dark red banner with a wine glass icon, a wine suggestion, and a social media handle.

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

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 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.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat and cook for 1 further minute.
5. Sprinkle over the cheese. Serve immediately. Buon appetito!

Chef's Flourish: Add a small knob of butter to the pan with the ragù in step 4.

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

Pappardelle (170g):

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

Wild Boar Ragù (185g):

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: 744kcal

Energy	870kJ
Calories	208kcal
Fat	5.8g
Of which saturates	1.8g
Carbohydrates	27.6g
Of which sugars	2.4g
Protein	10.0g
Salt	0.4g

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

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 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.
4. Transfer the pasta to the sauce, toss gently to coat and cook for 1 further minute.
5. Sprinkle over the cheese. Serve immediately. Buon appetito!

Chef's Flourish: For a little extra indulgence you could add a small knob of butter to the pan with the ragù in step 4.

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
Pisa

Match all
items with the
sticker marked:

double portion

Pisa



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
Quercia

Match all
items with the
sticker marked:

double portion
Quercia



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.

Crab & Chilli Ravioli with Lemon Butter and Lemon Pangrattato

ABOUT THE DISH

Those lucky enough to have travelled to Italy's sun-kissed coastline will be familiar with the small restaurants that appear on the horizon. As one draws closer, one cannot help but marvel at how beautiful their pale blue facades look against the sun: a sort of seaside fairy tale. But it's the waft of fresh seafood cooking in the kitchens of these little establishments, often run by local families for generations, that is most captivating. Granchio - "crab" in Italian - is a staple in Italy's coastal eating spots, where freshly-caught seafood is delivered by local fishermen in the morning, allowing the resident chef to prepare the catch at its freshest.

In this dish, we've looked to this wonderfully idyllic scene of the Italian Coast for inspiration, serving this week's ravioli with succulent crab meat and fresh red chilli. As a fittingly summer-evoking accompaniment, we've created an Amalfi lemon butter to serve, which accentuates the delicate flavour of the crab, whilst the subtle chilli hit is reminiscent of the warmth of the coastal region's sun on the nape of your neck.

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

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

Crab & Chilli Ravioli (200g):

Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour "00", **EGG**, Water), Filling (Pangasius (Pangasius Fillet (**FISH**) (Origin: Vietnam), Water, Acidity Regulator: E330, E331, Stabiliser: E451(i)), Crab Meat (**CRUSTACEAN**) (Origin: Indonesia), Mascarpone Cheese (Pasteurised Cow **MILK**, Cream (**MILK**), Salt, Acidity Regulator; Lactic Acid), Natural Thickener (Potato Flakes (Potatoes, Emulsifier: E471), Starch (Corn), Rice Cream, Vegetable Fibres (Carrot/Bamboo)), Onion, Red Chilli Pepper, Butter (**MILK**), White Wine (**SULPHITES**), Garlic, Salt, Parsley, Black Pepper), Rice Flour

Lemon Butter (20g):

Butter (**MILK**), Lemon Peel, Black Pepper

Lemon Pangrattato (5g):

Breadcrumbs (**WHEAT** Flour, Water, Yeast, Extra Virgin Olive Oil, Salt, Ethylalcohol, **WHEAT** Gluten, Malted **WHEAT** Flour, Dehydrated Deactivated **RYE** Sourdough), Extra Virgin Olive Oil, Lemon Peel, Salt, Pepper

Samphire (9g):

Samphire

NUTRITION per 100g

CALORIES PER SERVING: 541kcal

Energy	964kJ
Calories	232kcal
Fat	13.2g
Of which saturates	7.7g
Carbohydrates	18.1g
Of which sugars	1.3g
Protein	9.5g
Salt	1.9g

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Sicily's Famous Fennel Sausage Sauce with Rigatoni

ABOUT THE DISH

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

Unmistakably fresh, wild fennel is the seasoning of choice for many a traditional dish on the island. But our chef Roberta's favourite expression of the herb is "salsiccia e finocchietto" - Sicily's famous sausage and fennel sauce, and the inspiration for this dish. Roberta, a Pugliese native, loves regaling us with tales of her childhood holidays to San Vito Lo Capo, a mountain comune in Northern Sicily, famous for its sausage-making tradition. Here, you will find her mamma's favourite trattoria, where salsiccia e finocchietto bubbles away in big pots in the backyard, its intoxicating aroma offering a very particular kind of joy.

Inspired by Roberta's memory, our sausage sauce this week is prepared in true Sicilian tradition. Stewed slowly, the savoury flavour of the sausage is enhanced by the addition of wild fennel and sea salt, creating a beautiful white sauce far greater than the sum of its parts. We serve our sauce with fresh tubes of rigatoni, a typical Sicilian pasta shape whose grooves are perfect for sopping up every last morsel.

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

METHOD

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

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

Rigatoni (180g):

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

Sausage and Fennel Sauce (160g):

Pork Sausage (46%) (Pork (Origin: Denmark), White Wine (**SULPHITES**), Garlic, Salt, Pepper), Cream (**MILK**), Onion, Water, Fennel (6%), Chicken Stock (contains **CELERY** Seeds), White Wine (**SULPHITES**), Extra Virgin Olive Oil, Salt, Garlic, Fennel Seeds, Fresh Chilli, Black Pepper

Vegetarian Italian Grated Cheese (8g):

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

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NUTRITION

per 100g

CALORIES PER SERVING: 922kcal

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

Match all
items with the
sticker marked:

single portion
Roma

Match all
items with the
sticker marked:

double portion
Roma



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.

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

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 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.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat and cook for 1 further minute.
5. Wash the basil leaves and sprinkle over the pasta. Serve immediately. Buon appetito!

Chef's Flourish: For a little extra indulgence you could add a small drizzle of good olive oil to the pan with the sauce in step 4.

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

Spaghetti (180g):

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

Datterini Tomato Sauce (170g):

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

Basil Leaves (1g):

Basil

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NUTRITION

per 100g

CALORIES PER SERVING: 513kcal

Energy	612kJ
Calories	146kcal
Fat	1.1g
Of which saturates	0.1g
Carbohydrates	28.4g
Of which sugars	2.8g
Protein	5.4g
Salt	0.4g



Buckwheat Tagliatelle with Beef Ragù alla Bolognese

ABOUT THE DISH

This fresh, gluten free pasta looks & feels a little different to our signature egg pasta as it has been handcrafted using a nutritious blend of buckwheat, sorghum and other health-boosting cereals. The rustic texture of this pasta helps every last morsel of sauce to cling to the strands, ensuring each mouthful is full of delicious flavour. The buckwheat also gives the tagliatelle a subtly nutty flavour, which many of us find a welcome twist.

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

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

Our gluten free pasta comes in a brown bag.

METHOD

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

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

Chef's Flourish: For a little extra indulgence you could add a small knob of butter to the pan with the ragù in step 4.

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

Gluten-Free Tagliatelle (180g):

Buckwheat Flour, Maize Flour, Potato Starch, Water, Sorghum Flour, Sunflower Oil, Tapioca Starch, White Rice Flour, Xanthan Gum

Bolognese Ragù (160g):

Tomatoes, Minced Beef (Origin: Ireland) (19%), Water, Onion, Carrot, **CELERY**, Red Wine (**SULPHITES**), Salt, Garlic, Extra Virgin Olive Oil, Sugar, 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: 633kcal

Energy	760kJ
Calories	182kcal
Fat	7.9g
Of which saturates	3.1g
Carbohydrates	15.0g
Of which sugars	2.4g
Protein	11.7g
Salt	0.9g



Match all
items with the
sticker marked:

single portion
Torino

Match all
items with the
sticker marked:

double portion
Torino



WINE SUGGESTION: Barolo

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

Match all
items with the
sticker marked:

single portion

Udine

Match all
items with the
sticker marked:

double portion

Udine



Chocolate & Ricotta Dessert Triangoli with a Hazelnut Crumb



ABOUT THE DISH

Our fresh triangoli parcels encase a velvety filling which blends chocolate and hazelnuts and will transport you to Turin, the capital of Piedmont, in the far north-western corner of Italy. This Alpine region is known for its premium nocciolo (hazelnuts) amongst other luxury produce. Hazelnut groves stretch for many miles, with countless rows of trees laden with nutty treasures. Hazelnuts have been used in traditional cuisine for hundreds of years and are a vital component in delights such as torta di nocciolo, or hazelnut cake.

Cioccolato has equal stature in Piedmont, where gifted chocolatiers have been honing their craft for centuries. Indeed, in the early twentieth century Pietro Ferrero patented a divinely inspired recipe where tonda gentile (small and sweet) hazelnuts, found around Alba, were blended with cocoa to form a supremely smooth variety of chocolate. We have turned to this classic pairing in our beautiful retelling of a Piemontese culinary tradition. Fried in burro (butter) and topped with a sprinkling of hazelnuts, this glorious dish may well have been sent by Edesia - the Roman goddess of feasting - herself.

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

METHOD

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. Melt the butter in a frying pan over a medium heat. Add the pasta directly to the hot butter and fry for 3 minutes, gently coaxing the triangoli around the pan with a spoon or spatula until the pieces begin to evenly brown and crisp up on both sides.
2. To bring out the flavour of the nuts, whilst the pasta cooks you can lightly toast the hazelnuts in a dry frying pan until they begin to brown. Just be careful not to burn them.
3. When the pasta is cooked, plate and sprinkle with the hazelnut crumb. Buon appetito!

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

Chocolate Triangoli (200g):

Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour "00", **EGG**, Cocoa Powder, Rice Flour), Filling (Ricotta Cheese (Cow's **MILK**, Cream (**MILK**), Salt, Acidity Regulator: Lactic Acid), Nutella (Sugar, Palm Oil, Hazelnuts (**NUTS**), Skimmed **MILK** Powder, Cocoa Powder, Emulsifier: Lecithin (**SOYA**), Vanillin))

Butter (35g):

Butter (**MILK**)

Hazelnut Crumb (5g):

Hazelnuts (**NUTS**)

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NUTRITION

per 100g

CALORIES PER SERVING: 790kcal

Energy	1451kJ
Calories	348kcal
Fat	21.7g
Of which saturates	11.3g
Carbohydrates	28.4g
Of which sugars	11.6g
Protein	8.7g
Salt	0.37g



Italian Profiterole Cup with Cioccolato & Cream

ABOUT THE DISH

Whilst often claimed by the French, profiteroles actually originate from Italy and only arrived in France in the sixteenth century. These chocolate-topped, cream-filled, choux delights were transported across the Alpine border in 1533, when Catherine de' Medici, an Italian noblewoman of the notorious banking dynasty of Tuscany, married Henry II of France in a lavish ceremony. In fact, many historians believe that profiteroles may even have had a place on the banqueting table at this royal celebration, introducing the French court to new levels of culinary pleasure.

This indulgent dolce is, in our opinion, the perfect way to round off your meal. The soft choux bun encases a smooth, velvety cream and a generous smattering of rich cioccolato (chocolate) adorns the top. Each mouthful will transport you to the glittering court of Catherine de Medici, known, above all, for her penchant for delicious indulgence... long may her memory live on, say we.

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

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

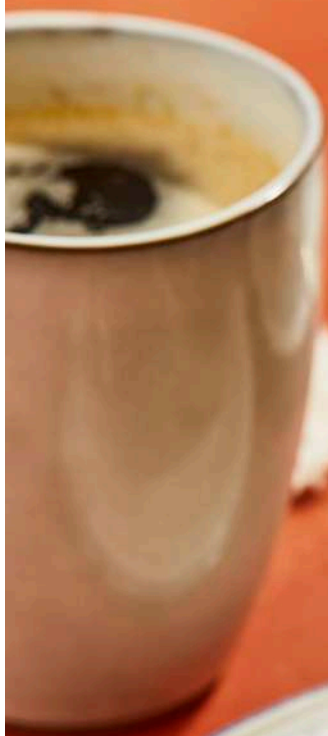
Profiteroles (100g):

Water, Glucose-fructose Syrup, Rehydrated Skimmed **MILK**, Sugar, Vegetable Oils (Sunflower, Coconut), **EGGS**, Vegetable Fats (Palm, Coconut), Glucose Syrup, Rehydrated **EGG** White, Low Fat Cocoa Powder, **WHEAT** Flour, Stabiliser Sorbitols, Chocolate (1%) (Cocoa Mass, Sugar), Starch (contains **WHEAT**), **EGG** Yolk, Modified Starch, Lactose (**MILK**), Emulsifiers, Mono and Diglycerides of Fatty Acids, Mono and Diacetyl Tartaric Acid, Esters of Mono and Diglycerides of Fatty Acids and Lecithins (contains **SOYA**), **MILK** Proteins, Salt, Raising Agents (Diphosphates, Sodium Carbonates and Ammonium Hydrogen Carbonate), Artificial Flavors (contains **MILK**), Thickener (Xanthan Gum)

NUTRITION per 100g

CALORIES PER SERVING: 268kcal	
Energy	1121kJ
Calories	264kcal
Fat	14.7g
Of which saturates	11.5g
Carbohydrates	29.5g
Of which sugars	22.1g
Protein	3.1g
Salt	0.1g

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Nonna Carmela's Tiramisù

ABOUT THE DISH

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

Though now enjoyed throughout Italy, as evidenced by its prominence in Roberta's youth, tiramisù was first a leitmotif of Northern Italian gastronomy. Originating from Veneto, the name is derived from the traditional dialect of Treviso where 'tireme su' means 'pick me up', and we can't help but agree that this tasty treat does exactly what it promises. Created as a nineteenth century aphrodisiac by the 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**), **MILK**, Lactic Acid), **WHEAT** Flour, **EGG**, **EGG** Yolk, Butter (**MILK**), Stabiliser Sorbitols, Glucose Syrup, Pasteurised **MILK**, Alcohol, Dextrose, Modified Starch, Cocoa, **LACTOSE**, Sodium Alginate, Pectins, Xanthan Gum, Locust Bean Gum, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Fatty Acids), Lecithins (of Sunflower) and Polyglycerol Esters of Fatty Acids, Starch, **MILK** Proteins, Natural Flavours, Raising Agents (Diphosphates and Sodium Carbonates), Salt, Maltodextrins

NUTRITION

per 100g

CALORIES PER SERVING: **264kcal**

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

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NEXT WEEK'S CHEF'S SPECIALS

2ND - 8TH AUGUST

Enjoy exclusive new dishes from our summer collection on next week's menu.



CHEF'S
Special

Pea & Shallot Ravioli with Belazu
Garlic Oil and Lemon Pangrattato



CHEF'S
Special

Radiatori with Pulled Pork &
Cavolo Nero Ragù



CHEF'S
Special

Malloreddus with Red Pepper
Pesto from Calabria



CHEF'S
Special

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

@
#PASTAEVANGELISTS

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This menu is made from 100% recyclable materials