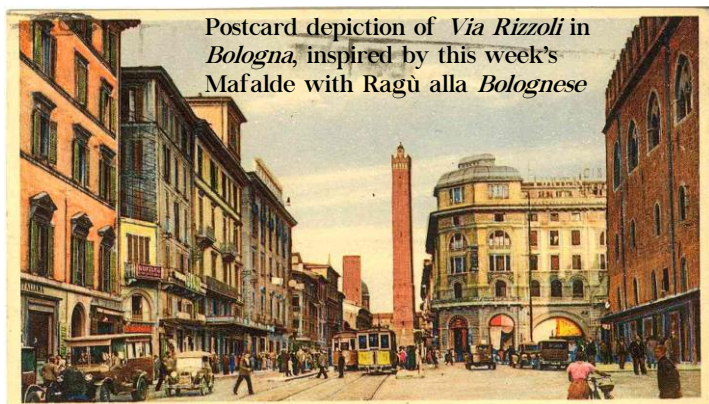




PASTA
EVANGELISTS

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This Week's Menu



Week commencing 12th August, 2019

Evangelise online by sharing a photo of your dishes:



Pasta Evangelists



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A Decadent Dolce

Ciao! Grazie mille for ordering from Pasta Evangelists.

After receiving a rapturous, and somewhat unanimous, response from our evangelists we've decided to include a sweet option within this week's selection of dishes. The candidate selected was, of course, the hugely popular chocolate *gnocchi*. Previously just offered as add on – as well as a sample whilst we attended the Cambridge Foodies Festival– these doughy treats now rightfully assert their presence on the menu as a dessert dish in their own right, although we would recommend having them *after*, and not *before* your *primo* (your first dish), as tempting as this may be.

Indeed, while the notion of eating pasta for dessert might seem somewhat unusual, Italy has a long tradition of serving sweetened pastas which can be traced back to Renaissance times. In those times, pasta was considered a luxury food, reserved for special occasions, and was often paired with sugar and cinnamon. We're sure you'll have no reservations in scoffing these little Nutella-filled bundles of delight. Just be sure to indulge responsibly. Or not. Moderation seems overrated after all.

A dopo,
The Pasta Evangelists Team

Buon
appetito!





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THIS WEEK'S PASTA MENU

MEATY PASTA

'Carbonara of Dreams' with Fresh Bucatini Pasta, Crispy Pancetta & 12-Month
Aged Parmigiano Reggiano

Mafalde with Ragù alla Bolognese and Parmigiano Reggiano

Duck Ragù & Taggiasche Olive Lasagne with a Parmigiano Reggiano Crust

Artisan Conchiglioni with a Sausage & Aubergine Ragù & Parmigiano Reggiano

SEAFOOD PASTA

Sea Bass Tortelloni with Lemon-Garlic Butter, Fresh Samphire & Lemon
Pangrattato

VEGETARIAN PASTA

Gourmet Mac & Cheese with Black Truffle & Pangrattato Crumb

Strozzapreti with Pistachio Pesto, Pistachio Crumb & Parmigiano Reggiano

DESSERT PASTA

Giant Chocolate-Filled Gnocchi with a Hazelnut Crumb

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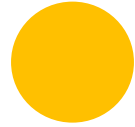
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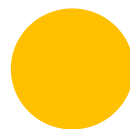


**‘CARBONARA OF DREAMS’ WITH FRESH BUCATINI,
PANCETTA & 12-MONTH AGED PARMIGIANO
REGGIANO**



Photograph: Tim Atkins | Share a photo of your dish online





Match with orange stickered pasta,
sauce and garnish

ABOUT THIS DISH

Now very much a firm favourite amongst the Pasta Evangelists community, and somewhat of a signature dish, this hedonistic Roman classic is thought to have its name derived from when charcoal burners used to cook the dish over campfires. In true Pasta Evangelists style, we've taken this classic, comforting dish to new heights, presenting a gloriously creamy *carbonara* in which our tangles of fresh *bucatini* – in our opinion bigger, chewier and better than *spaghetti* – sop up this luxuriant sauce.

Made with premium *pancetta*, known for its deep, salty intensity, our carbonara sauce also contains egg yolk lending a wonderfully golden hue, as well as sumptuous cream, freshly ground black pepper and decadent *Parmigiano Reggiano*, aged for 12 months to bring out its tangy depth of flavour. Be transported to the 'Eternal City' by this classic dish with a distinctively premium twist. As any Roman would proudly proclaim, 'Roma Caput Mundi'.

METHOD

Note: Because our pasta is a fresh, artisan product, it is packaged with rice flour to prevent the pasta sticking together. When transferring to the pan, untangle any strands which may have stuck together.

1. Bring a large saucepan of salted water to the boil.
2. Cook the *bucatini* in the boiling water for 4-5 minutes until 'al dente' (check a strand before removing from the water). Stir often to avoid any strands clumping together.
3. Whilst the pasta cooks, pan-fry the *pancetta* until browned and crisp, and then add the *carbonara* sauce, along with 1-2 tbsp (15-20ml) of the boiling cooking water. Cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Transfer the *bucatini* to the carbonara sauce and *pancetta*. Toss gently to coat.
5. Finally, sprinkle over the *Parmigiano Reggiano*. *Buon appetito*.

INGREDIENTS

(Allergens in **bold and underlined**):

Item	Weight	Ingredients
Bucatini	165g	<u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt
Carbonara Sauce	160g	Single Cream (<u>Milk</u>), <i>Parmigiano Reggiano</i> (<u>Milk</u> , Salt, Rennet), <u>Egg</u> Yolk (19%), Water, Black Pepper
Pancetta	25g	Pork Meat (Origin: Belgium) (86%), Water, Salt, (Potassium Chloride), Glucose Syrup, Maltodextrin, Vegetable Fibres, Spices, Stabiliser: E301, Acidifier(E331), Preservatives: E250, E252, Smoke Flavour, Beet red concentrate.
<i>Parmigiano Reggiano</i>	35g	<u>Milk</u> , Salt, Rennet



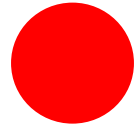
Nutrition (Dish)	Per 100g
Energy	1134kJ
Calories	272kCal
Fat	14.3g
Of which saturates	6.8g
Carbohydrates	22.5g
Of which sugars	1.1g
Protein	13.1g
Salt	1.5g

Consume within 2 days of delivery.

FREEZING: The *bucatini*, *carbonara* sauce and *pancetta* can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The pasta should be cooked directly from frozen. The *carbonara* sauce and *pancetta* should be defrosted in the fridge overnight before cooking. From frozen, the pasta needs to be cooked for 1 minute more than the normal cooking time. Go Grande Portions are 30% larger. *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.*



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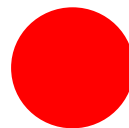


MAFALDE WITH RAGÙ ALLA BOLOGNESE & PARMIGIANO REGGIANO



Photograph: Tim Atkins | Share a photo of your dish online





Match with red stickered pasta, sauce
and garnish

ABOUT THIS DISH

There are few Italian sauces better known than this one, although on British menus you would be far more likely to find *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 true *Bolognese* fashion *tagliatelle* or *pappardelle* are the preferred, and often only accepted, choice— but certainly not *spaghetti* as any true Italian would tell you. Sorry 'spag bol' lovers. The logic behind this is that the wider ribbons are better able to hold, and mop up, the substantial sauce. And in our beautiful *mafalde*, we think we have found the most *meravigliosa* partner for this week's *ragù*.

Mafalde, also known as *Reginette*, (Italian for 'little queen's') have a rather striking appearance; ribbon-shaped with beautiful wavy edges. In 1997 the Italian government named the pasta in honour of Princess Mafalda of Savoy, whose untimely and tragic death occurred whilst under arrest in a concentration camp during WWII. The entrancing shape of this pasta is often said to evoke the curls of the Princess.

METHOD

Note: Because our pasta is a fresh, artisan product, it is packaged with rice flour to prevent the pasta sticking together. When transferring to the pan, untangle, with your fingers, any strands which may have stuck together.

1. Bring a large saucepan of salted water to a boil.
2. Cook the *mafalde* in the boiling water for 3-4 minutes until 'al dente' (check a strand before removing from the water). Stir often to avoid the strands clumping together.
3. Whilst the pasta cooks, put the *Bolognese ragù* in a large pan, add 1-2 tbsp (15-20ml) of the boiling cooking water. Cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the *mafalde* to the *ragù*. Toss gently to coat.
5. Finally, sprinkle over the *Parmigiano Reggiano*. *Buon appetito*.

INGREDIENTS

(Allergens in **bold and underlined>**):

Item	Weight	Ingredients		
Mafalde	165g	<u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt		
Bolognese Ragù	160g	Tomato, Minced Beef (36%), Water, Onion, Carrot, <u>Celery</u> , Red Wine (<u>Sulphites</u>), Extra Virgin Olive Oil, Salt, Garlic, Sugar, Chicken Stock (contains <u>celery</u> seeds), Rosemary, Black Pepper		
Parmigiano Reggiano	8g	<u>Milk</u> , Salt, Rennet		
			Nutrition (Dish)	Per 100g
			Energy	884kJ
			Calories	212kCal
			Fat	6.6g
			Of which saturates	2.5g
			Carbohydrates	25.7g
			Of which sugars	2.0g
			Protein	11.8g
			Salt	0.6g



Consume within 2 days of delivery.

FREEZING: Both the *mafalde* and the *bolognese ragù* can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The *mafalde* should be cooked from frozen. The *bolognese ragù* should be defrosted in the fridge overnight before cooking. From frozen, the pasta needs to be cooked for 1 minute more than the normal cooking time. Go Grande Portions are 30% larger. *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.*



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DUCK RAGÙ & TAGGIASCHE OLIVE LASAGNE WITH PARMIGIANO REGGIANO CRUST



Photograph: Tim Atkins | Share a photo of your dish online





Match with purple stickered pasta,
sauce and garnish

ABOUT THIS DISH

Lasagne have their origins in Ancient Rome. Romans knew the dish as *lasana* or *lasanum* (Latin for 'container', 'pot'), that whilst similar, differ considerably from its modern version. This earlier incarnation was first detailed within a collection of Roman cookery recipes entitled *De Re Coquinaria* by a gentleman by the name of Apicius, believed to be one of the oldest of its kind in the Western world. And whilst our *lasagne* does indeed differ somewhat from Apicius' version, it is entirely Roman in inspiration. This is particularly true because our inclusion of duck, which was more commonly consumed throughout the Roman Republic than butchers' meats like beef. Indeed, Caesar was known to have given a public feast to 260,000 *humiliores* upon his triumph, a ceremony to honour his military prowess. The feast notably included duck, but there was no beef.

In this week's Roman *lasagne*, we therefore leave behind the more common *lasagne alla Bolognese*, which typically features beef, instead topping our lasagne sheets with an aromatic, slow-cooked duck *ragù*. We've also included some of the finest Italian olives, specifically *olive Taggiasche*, originating from the northern town of *Taggia* (pictured below) in the north-western region of *Liguria*. The sweet and fruity presence of the olives matches wonderfully with the tender meat and offers a celebration of what was a highly-esteemed ingredient in Roman times. Indeed, lying just 12km southwest of *Taggia*, is the equally picturesque *Sanremo* which lies on the part of the Italian Riviera known as the *Riviera dei Fiori*, so named for its abundance of exotic plants and flowers. If you're looking for holiday inspiration, we'd highly recommend this beautiful stretch of Italian coast.

METHOD

1. Put a baking sheet in the oven and preheat to 200 °C.
2. Once the oven has reached 200 °C, remove the lid from the foil tray, and place the lasagne on the hot baking sheet in the oven and cook for 15-20 minutes, or until heated through and piping hot.
3. Once cooked, use a fish slice to remove the lasagne from the foil tray. *Buon appetito*.

INGREDIENTS

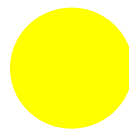
(Allergens in **bold and underlined>**):

Item	Weight	Ingredients	Nutrition (Dish)	
Duck Ragù & Taggiasche Olive Lasagne	335g	Besciamella Sauce: <u>Milk</u> , <u>Wheat</u> Flour, Butter (<u>Milk</u>), Salt, Pepper Duck Ragù: Tomato, Duck Legs (Origin: (30%), Water, Cherry Tomatoes, Onion, Carrot, Taggiasche Olives (2%), White Wine (<u>Sulphites</u>), Extra Virgin Olive Oil, Garlic, Black Pepper, Rosemary, Chicken Stock (contains <u>Celery</u> seeds), Salt, Sugar, Bay Leaf Lasagne: <u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt Parmigiano Reggiano: <u>Milk</u> , Salt, Rennet	Per 100g	
			Energy	1153kJ
			Calories	277kCal
			Fat	13.8g
			Of which saturates	6.5g
			Carbohydrates	24.6g
			Of which sugars	1.6g
			Protein	12.4g
			Salt	0.8g



Consume within 2 days of delivery.

FREEZING: The *lasagne* can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The *lasagne* should be defrosted in the fridge overnight before cooking. *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..*

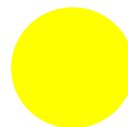


ARTISAN CONCHIGLIONI WITH A SAUSAGE & AUBERGINE RAGÙ & PARMIGIANO REGGIANO



Photograph: Tim Atkins | Share a photo of your dish online





Match with yellow stickered pasta,
sauce and garnish

ABOUT THIS DISH

The name of this beautiful, beach-evoking pasta shape derives from the Italian word for seashell, "*conchiglia*". The Italian word '*conchiglioni*', just like the English word 'conch', shares the same Greek root in the form of κοχύλι (*kochýli*), which translates to 'shell'.

And whilst you may not find grains of sand from the Sardinian coastline within our artisan *conchiglioni*, you will find that they are the perfect shape for our sausage and aubergine *ragù* to nestle within.

Our *ragù di salsiccia*, translating to 'sausage sauce', is a tomato-based sauce traditionally associated with the central region of *Toscana*. This week, however, we have looked to the Italian south for inspiration, adding a staple of southern Italian cuisine, the wonderful *melanzane* (aubergine), to evoke the warmth of summer (a welcome heat as we soon approach autumn). In this dish we've also used sausage, made with tender cuts of pork. We slowly cook our *salsicce e melanzane* with tomatoes, garlic and basil giving the *ragù* a delightful aromatic richness. This is one to be savoured!

METHOD

1. Bring a large saucepan of salted water to the boil.
2. Cook the *conchiglioni* in the boiling water for 4-5 minutes until 'al dente' (check a piece before removing from the pan).
3. Whilst the pasta cooks, put the *ragù* in a large pan, add 1-2 tbsp (15-20ml) of the boiling cooking water, cover with a lid and heat until steaming. Once steaming, turn heat off.
4. Once cooked, transfer the pasta to the *ragù* and toss gently to coat.
5. Finally, transfer to a plate and sprinkle with *Parmigiano Reggiano*. *Buon appetito*.

INGREDIENTS

(Allergens in **bold and underlined**):

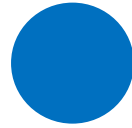
Item	Weight	Ingredients	Nutrition (Dish)	
Conchiglioni	165g	<u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Water, Salt	Per 100g	
			Energy	1053kJ
Sausage & Aubergine Ragù	160g	Tomato Sauce (36%), Pork Sausage (Origin: UK) (25%), Aubergine (15%), Carrot, Onion, Garlic, Extra Virgin Olive Oil, Basil, Salt, Pepper	Calories	252kCal
			Fat	11.6g
			Of which saturates	3.8g
Parmigiano Reggiano	8g	<u>Milk</u> , Salt, Rennet	Carbohydrates	25.8g
			Of which sugars	1.9g
			Protein	10.8g
			Salt	1.4g

Consume within 2 days of delivery.

FREEZING: Both the *conchiglioni* and the *ragù* can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The pasta should be cooked directly from frozen. The *ragù* should be defrosted in the fridge overnight before cooking. From frozen, the pasta needs to be cooked for 1 minute more than the normal cooking time. Go Grande Portions are 30% larger. *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..*



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SEA BASS TORTELLONI WITH LEMON-GARLIC BUTTER, FRESH SAMPHIRE & LEMON PANGRATTATO



Photograph: Tim Atkins | Share a photo of your dish online





Match with blue stickered pasta,
sauce and garnish

ABOUT THIS DISH

Sea bass, or *branzino* (as it's known in the north) or *spigola* (as it's known in the south), is a white, textured fish native to the waters surrounding the western volcanic island of *Ischia*, a destination the Pasta Evangelists team has visited and one we're incredibly fond of. Alessandro, our founder couldn't seem to get enough of this enchanting island returning this summer! Should you ever get the chance to visit this magical place, please do stop by the *Negombo* thermal gardens. Anyway, that's enough rambling! While sea bass tend to live in cooler oceans, they also, somewhat unusually, inhabit the warmer waters of the Gulf of Naples, which gives Italian sea bass a distinctive flavour.

The merits of this white fish, however, extend beyond its taste and texture, for it's also exceptionally healthy as a lean source of omega-3 fatty acids, protein and minerals. Consequently, it's the perfect filling for our delicate *tortelloni*. We've paired our *tortelloni* with lemon *pangrattato*, adding a wonderful crunch, as well as a zesty lemon-garlic butter that marries beautifully with our meaty fish filling. As a finishing touch, we garnish with a little *asparagi di mare*, or asparagus of the sea, as the Italians rather poetically term samphire. This distinctively verdant and crisp species of sea plant imparts one last final whisper of the Italian coastline.

METHOD

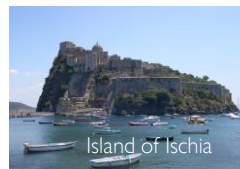
Note: Because our pasta is a fresh, artisan product, some pieces may have ever so slightly cracked and split; not to worry, however, they are equally as delicious and will infuse well with the lemon-garlic butter. Please also be aware that the pasta is packaged with rice flour to prevent the pasta sticking to the packaging.

1. Bring a large saucepan of salted water to a boil.
2. Cook the *tortelloni* in the boiling water for 3-4 minutes until 'al dente' (test a corner of one of the *tortelloni* before removing from the pan).
3. Whilst the *tortelloni* cook, put the lemon-garlic butter and samphire in a pan, cover with a lid and gently heat until steaming. Once steaming, turn off the heat.
4. Finally, transfer to a plate and sprinkle with the lemon *pangrattato*. *Buon appetito.*

INGREDIENTS

(Allergens in **bold and underlined>**):

Item	Weight	Ingredients
Sea Bass Tortelloni	200g	Pasta (56%): <u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt, Water Filling (44%): Whitefish (<u>Fish</u>), Sea Bass (<u>Fish</u>) (30%), Mascarpone Cheese (<u>Milk</u>), Tomato Sauce, (Tomatoes, Onion, Olive Oil, Water, Basil, Salt, Sage, Rosemary, Bay Leaves), Black Olives, Capers, Parsley, Salt, Black Pepper
Lemon-Garlic Butter	25g	Butter (<u>Milk</u>), Garlic, Lemon Zest, Salt, Black Pepper
Lemon Pangrattato	5g	Breadcrumbs (<u>Wheat</u> Flour, Water, Yeast, Salt), Olive Oil, Lemon Zest, Salt, Black Pepper
Samphire	9g	Samphire



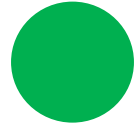
Nutrition (Dish)	Per 100g
Energy	1053kJ
Calories	252kCal
Fat	11.6g
Of which saturates	3.8g
Carbohydrates	25.8g
Of which sugars	1.9g
Protein	10.8g
Salt	1.4g

Consume within 1 day of delivery.

FREEZING: Both the *tortelloni* and the lemon-garlic butter can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The pasta should be cooked directly from frozen. The butter should be defrosted in the fridge overnight before cooking. From frozen, the pasta needs to be cooked for 1 minute more than the normal cooking time. Go Grande Portions are 30% larger. *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.*



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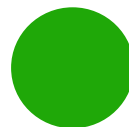


GOURMET MAC & CHEESE WITH BLACK TRUFFLE & PANGRATTATO CRUMB



Photograph: Tim Atkins | Share a photo of your dish online





Match with green stickered pasta,
sauce and garnish

ABOUT THIS DISH

Here we've created the ultimate *macaroni* cheese, transforming a somewhat scorned American staple into something utterly irresistible. To do so, we've called upon a selection of beautiful cheeses, as well as a sumptuous scattering of gorgeous truffles sourced from *Umbria*. And whilst the original immigrants to the United States might have balked at such decadence (between 1880 and 1924 some four million Italians made the *viaggio*, or journey, across the pond in a bid to better their lot), we think this dish is a suitably delicious tribute to the gastronomic heritage of Italy throughout the ages.

Indeed, there is ample reason to believe that *macaroni* cheese might even have its origins in the *bel paese*, for recipes including *maccheroni* (the correct Italian term) and cheese date back to the late 13th century in southern Italy. Indeed, so the story goes, Thomas Jefferson returned to Virginia with the American classic, as well as a pasta machine after a jaunt in Italy. His daughter, Mary Randolph, became the hostess of his house after Jefferson's wife died and is credited with inventing the dish using *macaroni* and *Parmigiano Reggiano* cheese. Later, the Parmesan was replaced in favour of cheddar cheese. This classic includes several varieties of cheese, folded with fresh *macaroni* pasta and elevated to food lovers' paradise with shavings of truffle from the countryside of *Umbria*. A scattering of *pangrattato* over the top adds a final touch of crunch and texture making this a comforting savoury delight.

METHOD

1. Put a baking sheet in the oven and preheat to 200 °C.
2. Once the oven has reached 200 °C, remove the lid from the foil tray, place on a hot baking sheet and cook for 15-20 minutes, or until heated through and piping hot. With 5 minutes to go, take out the *mac & cheese* and pour over the *pecorino* cream, before putting it back in the oven to cook for the last remaining minutes.
3. Once cooked, use a fish slice to transfer the *mac & cheese* from the foil tray to a plate. *Buon appetito*.

INGREDIENTS

(Allergens in **bold and underlined>**):

Item	Weight	Ingredients		
Mac & Cheese	335g	Pasta (Durum <u>Wheat</u> Flour, Water), <u>Milk</u> , Cheddar (<u>Milk</u>), Emmental Cheese (<u>Milk</u>), Parmigiano Reggiano (<u>Milk</u> , Salt, Rennet), Black Truffle Sauce (Mushrooms, Sunflower Oil, Olive Oil, Black Olives, Salt, Summer Truffle – Tuber Aestivum Vit, Flavouring) Black Truffle, Truffle Oil (Extra Virgin Olive Oil, Truffle Flavouring), Plain Flour (<u>Wheat</u>), Chives, Salt, Black Pepper, Pangrattato Crumb (Breadcrumbs <u>Wheat</u>), Olive Oil, Salt, Black Pepper)	Nutrition (Dish)	Per 100g
			Energy	1116kJ
			Calories	266kCal
			Fat	15.4g
			Of which saturates	9.2g
			Carbohydrates	22.0g
			Of which sugars	2.5g
			Protein	11.2g
			Salt	1.1g
Pecorino Cream	25g	Water, Pecorino Cheese (<u>Milk</u>), Sugar		

Consume within 2 days of delivery.

FREEZING: The *mac & cheese* can be frozen (below -18 degrees °C) on day of delivery and keeps for 1 month in the freezer. Please be aware the *mac & cheese* should be defrosted in the fridge overnight before cooking. *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.*



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STROZZAPRETI WITH PISTACHIO PESTO, PISTACHIO CRUMB & PARMIGIANO REGGIANO



Photograph: Tim Atkins | Share a photo of your dish online





Match with pink stickered pasta,
sauce and garnish

ABOUT THIS DISH

Strozzapreti surely takes pride of place as far as colourful backstories go. Literally meaning 'strangle-priests' there are a few theories as to the origin of this idiosyncratically rendered pasta. Perhaps a reference to the gluttonous overindulgence as certain clergymen would devour their portions so quickly, they would choke. Perhaps simply a reference to the violent 'twisting' motion employed when crafting these shapes by hand. Or, perhaps less vividly, simply a reference to the traditional 'dog collar' – a priest's 'choker'. Whatever the origin, these twisted tubes need a colourful sauce to match, and they have it in spades thanks to our innovative pistachio *pesto*. This is a gorgeous *pesto* in appearance, flecked prettily with pink and green pistachio pieces, promising to transport you to the Sicilian countryside in summertime. But it's the unmistakable taste of this dish that distinguishes it as one of our most beautiful: the *pesto* is at once subtle yet incredible in its flavour, achieved using one of Sicily's most famous products: beautiful Bronte pistachios.

METHOD

1. Bring a large saucepan of well-salted water to the boil.
2. Cook the *strozzapreti* in the boiling water for 4-5 minutes until 'al-dente' (test a piece before removing from water).
3. Whilst the pasta cooks, put the pistachio *pesto* in a bowl. Add 1-2 tbsp (15-20ml) of the boiling cooking water to loosen off the *pesto*.
4. Finally, lift the pasta out of the water with a slotted spoon and transfer to the *pesto*. Toss together to coat.
5. Sprinkle the pasta with the pistachio crumb and the *Parmigiano Reggiano*. *Buon appetito*.

INGREDIENTS

(Allergens in **bold and underlined>**):

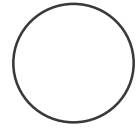
Item	Weight	Ingredients	Nutrition (Dish)	
Strozzapreti	165g	Durum <u>Wheat</u> Flour, Water	Per 100g	
Pistachio Pesto	70g	Pistachio <u>Nuts</u> (45%), Olive Oil, <i>Parmigiano Reggiano</i> (<u>Milk</u> , Salt, Rennet), Water Basil, Garlic	Energy	1534kJ
			Calories	369kCal
Pistachio Crumb	8g	Pistachio Nuts (<u>Nuts</u>)	Fat	19.8g
			Of which saturates	4.0g
Parmigiano Reggiano	8g	<i>Parmigiano Reggiano</i> : (<u>Milk</u>), Salt, Rennet	Carbohydrates	34.8g
			Of which sugars	1.7g
			Protein	12.3g
			Salt	0.3g

Consume within 2 days of delivery.

FREEZING: Both the *strozzapreti* and pistachio *pesto* can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The pasta should be cooked directly from frozen. The *pesto* should be defrosted overnight in the fridge before cooking. From frozen, the pasta needs to be cooked for 1 minute more than the normal cooking time. Go Grande Portions are 30% larger. *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.*



PASTA
EVANGELISTS
made in London

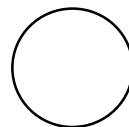


GIANT CHOCOLATE-FILLED GNOCCHI WITH BUTTER & HAZELNUT CRUMB



Photograph: Tim Atkins | Share a photo of your dish online





Match with white stickered pasta,
sauce and garnish

ABOUT THIS DISH

The word *gnocchi* (pronounced N'YAW-kee) comes from the Italian *nocchio*, meaning 'knot in wood', and just so happens to be the same root for where *Carlo Collodi* got the name for his eponymous character *Pinocchio*, a puppet made from wood. These little heavenly potato dumplings have been a part of the pasta pantheon since Roman times. They're thought to have been introduced by the Roman legions during the expansion of the empire into the countries of the European continent. Back then, however, they were made from a semolina porridge-like dough mixed with eggs. The use of the potato is a relatively recent innovation (historically speaking), occurring after its introduction into Europe in the 16th century. Even more innovative, and ingenious we think, is pairing these little bundles of joy with *cioccolato*. Hand-filled, they're like little, Italian doughnuts oozing with an indulgent *Nutella*, sure to satisfy any sweet tooth. We decided to launch this dish after a rapturous response from Evangelists on social media.... Facebook community members, we heard your plight.... We hope you'll like it as much as our little, pasta-loving team does, as you can maybe guess from the words of our team member, Finn, after 'sampling' this decadent *dolce* perhaps one too many times... 'I really don't have a sweet tooth and was more than a bit dubious about this dish, but they really are bloody delicious.'

METHOD

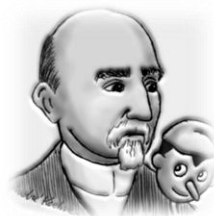
Note: Because our pasta is a fresh, artisan product, some of the gnocchi may have ever so slightly and split; not to worry, however, for they are equally as delicious and will infuse well with the butter.

1. Melt some butter in a saucepan on a low heat, (take care not to burn the butter).
2. Place the *gnocchi* in the saucepan with the melted butter and pan-fry for 4 minutes until browned and crispy.
3. Finally, sprinkle over the hazelnut crumb. *Buon appetito.*

INGREDIENTS

(Allergens in **bold and underlined>**):

Item	Weight	Ingredients
Chocolate-Filled Gnocchi	100g	Gnocchi (78%): Potato Puree, Water, Sugar, Chocolate Powder (1%). Potato Puree contains: Potato Flakes (Sulphites) (42%), Maize Starch, Wheat Flour, Salt, Potato Starch, Milk Powder, Egg Powder, Preservative: E223 (Sodium Metabisulphite), Antioxidant: E304, Acidity regulator: E330, Emulsifier: E471, Stabilizer: E450
		Filling (22%): Nutella (50%), Milk Chocolate (50%). Nutella contains: (Sugar, Palm Oil, Hazelnuts , Fat-Reduced Cocoa, Skimmed Milk Powder, Whey Powder [Milk], Emulsifier: Lecithin [Soya], Vanillin). Milk Chocolate contains: (Chocolate, Sugar, Cocoa Butter (Milk), Milk Powder, Cocoa Mass, Emulsifier: E322 Lecithin [Soya], Natural Vanilla Flavour)
Butter	25g	Butter (Milk)
Hazelnut Crumb	8g	Hazelnuts (Nuts)



Nutrition (Dish)	Per 100g
Energy	1267kJ
Calories	303kCal
Fat	10.3g
Of which saturates	2.3g
Carbohydrates	47.8g
Of which sugars	25.6g
Protein	3.7g
Salt	0.6g

Consume within 1 day of delivery.

FREEZING: The *gnocchi* can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. Please be aware the they should be defrosted in the fridge overnight before cooking. Go Grande Portions are 30% larger. *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.*

NEXT WEEK'S MENU

Pre-order at pastaevangelists.com now.

MEATY PASTA



Spicy Chorizo & Beef Ragù with a 12-Month Aged Parmigiano Reggiano Crust



Malloreddus alla Campidanese with Sausage Ragù, Pecorino Cream & Parmigiano Reggiano



Paccheri with a Summer Aubergine and Tomato Sauce with Ricotta Salata Cheese



Gnocchetti with Slow-Cooked Lamb Shoulder Ragù & Parmigiano Reggiano



Black Truffle & Burrata Ravioloni with Truffle Butter & Toasted Hazelnuts



Spicy Bigoli 'alla Diavola' with a Tomato & Chilli Sauce & Vegetarian Parmesan (V.)

SEAFOOD PASTA



Lobster & Crab Tortelloni with Lemon Pangrattato, Samphire & Sage Butter



English Garden Pea & Shallot Tortelloni with Garlic Oil & Lemon Pangrattato (Ve.)