



PASTA
EVANGELISTS

made in London

This Week's Menu



Bari harbour

Week commencing 15th July, 2019

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Pasta Evangelists



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The Art of Pasta Making

Ciao! Grazie mille for ordering from Pasta Evangelists.

The art of making fresh pasta is just that; an art form. A centuries-old craft that involves precision, attention to detail, and, of course, the lending of a hand. Hand-sifted, hand-kneaded, hand-rolled, hand-cut, and in some cases, hand-filled, this culinary creation really is testament to the care and passion those who practice this unique art put in.

So widespread is the practice in Italy, that scenes of *nonne* folding, pressing and cutting fresh pasta in the streets are not uncommon. In the *centro storico* of *Bari* (located on the heel of Italy's boot) there's a street composed entirely of enterprising *sfogline* (pasta artisans) making and selling *orecchiette* and *strascinati* pasta by hand every day!

Why not then try your hand at making your very own fresh artisan pasta? Complete with hand-crafted pasta tools, specialist ingredients and step-by-step instructions, our pasta making kits give you the tools of the trade, so to speak. A fun, hands-on experience, as well as an interesting insight into what it really takes to make fresh pasta, the kits are exactly what you need to spice up your love affair with the kitchen! To find out more and purchase your very own kit just head to our website

<https://pastaevangelists.com/collections/pasta-making-kits>

Buon appetito!



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THIS WEEK'S PASTA MENU

MEATY PASTA

Tagliatelle 'Paglia & Fieno' with Beef Shin Ragù & Parmigiano Reggiano
'Carbonara of Dreams' with Fresh Bucatini, Crispy Pancetta & 12 Month Aged
Parmigiano

Artisan Conchiglioni with a Sausage & Aubergine Ragù & Parmigiano Reggiano
Lamb & Rosemary Lasagne with Slow-Cooked Ragù & Parmigiano Reggiano

SEAFOOD PASTA

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

MEAT FREE PASTA

Strozzapreti with Pistachio Pesto, Pistachio Crumb & Parmigiano Reggiano
Gourmet Mac & Cheese with Black Truffle & Pangrattato Crumbs

VEGAN PASTA

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

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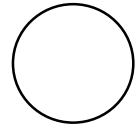
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TAGLIATELLE 'PAGLIA E FIENO' WITH BEEF SHIN RAGÙ & PARMIGIANO REGGIANO

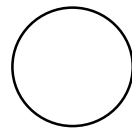


Photograph: Tim Atkins | Share a photo of your dish online





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Match with white stickered pasta,
sauce and garnish

ABOUT THIS DISH

Tagliatelle falls into the family of what is known as 'cutter's, which is a group of pasta whose distinguishing features are long, ribbon-like strands. Other members of the family include *tagliolini* and *fettuccine*. *Tagliatelle* hail from the northern region of *Emilia-Romagna*, where it has been loved for generations. *Bologna* takes so much pride in their beloved *tagliatelle* that they even have a solid gold replica, conceived as a means of demonstrating the exact dimensions of a piece of *tagliatelle* in their Chamber of Commerce (1 mm x 6 mm, for those curious).

This week's dish combines vividly verdant, spinach-infused *tagliatelle* and traditional white *tagliatelle* in a dish called *paglia e fieno*, which translates as 'straw and hay'. Complimenting the *tagliatelle* we have a beef *ragù* in which our pasta artisans carefully brown pieces of marbled beef until they take on a deep, burnished hue. This is where all the flavour is. We then braise our caramelised beef in wine and tomatoes. The finished sauce is a rich, intensely meaty *ragù*. Suitably paired with *tagliatelle*, the thick, porous strands of this pasta are ideal for lapping it all up, leaving no room for restraint.

This dish has been created in partnership with Parmigiano Reggiano, an inimitably flavoursome cheese produced exclusively in the region of Emilia Romagna. It is 100% natural and is still produced in Italy today as it was 900 years ago using only milk, salt and rennet.

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 the boil.
2. Cook the *tagliatelle* 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 *tagliatelle* cook, 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 off the heat.
4. Once cooked, transfer the *tagliatelle* to the *ragù*. Toss gently to coat.
5. Finally, scatter with the *Parmigiano Reggiano*. *Buon appetito.*

INGREDIENTS

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

| Item | Weight | Ingredients | Nutrition (Dish) | Per 100g |
|---------------------|--------|---|--------------------|----------|
| Tagliatelle | 80g | <u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt, | Energy | 922kJ |
| Spinach Tagliatelle | 80g | <u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Spinach Powder, Salt | Calories | 220kCal |
| | | | Fat | 6.6g |
| | | | Of which saturates | 2.0g |
| Beef Ragù | 160g | Beef Shin (Origin: Republic of Ireland) (51%), Onions, Red Wine (<u>Sulphites</u>), Beef Stock (Water, Salt, Vegetable Fats [Palm, Shea Butter, Sal Butter], Potato Starch, Sugar, Beef Extract (4%), Yeast Extract, Flavourings, Onion Powder, Caramel Syrup, Maltodextrin, Parsley, Carrots, Spices [Parsely Roots, <u>Celery</u> Seeds]), Carrot, Tomato Puree, Garlic, Bay Leaves | Carbohydrates | 26.0g |
| | | | Of which sugars | 2.2g |
| | | | Protein | 12.6g |
| | | | Salt | 1.3g |
| Parmigiano Reggiano | 8g | <u>Milk</u> , Salt, Rennet | | |

Consume within 2 days of delivery.

FREEZING: Both the *tagliatelle* and the *ragù* can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The *tagliatelle* should be cooked from frozen. The *ragù* needs to be defrosted overnight in the fridge. From frozen, the pasta needs 1 minute's additional cooking time than the normal cooking time. Go Grande Portions are 30% larger. *This food has been prepared in a kitchen that also prepares celery, crustaceans, egg, fish, gluten, milk, mustard, molluscs, nuts, soya, sulphites, and therefore may contain traces of these.*



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'CARBONARA OF DREAMS' WITH FRESH BUCATINI, CRISPY PANCETTA & 12 MONTH AGED PARMIGIANO



**PARMIGIANO
REGGIANO**

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





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Match with orange stickered pasta,
sauce and garnish

ABOUT THIS DISH

Spaghetti alla Carbonara, the 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, 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 Roma by this classic dish with a distinctively premium twist.

This dish has been created in partnership with Parmigiano Reggiano, an inimitably flavoursome cheese produced exclusively in the region of Emilia Romagna. It is 100% natural and is still produced in Italy today as it was 900 years ago using only milk, salt and rennet.

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 8-9 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, 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* and toss gently to coat.
5. Finally, sprinkle over the *Parmigiano Reggiano*. *Buon appetito.*

INGREDIENTS

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

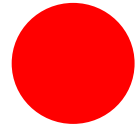
| Item | Weight | Ingredients | Nutrition (Dish) | Per 100g |
|---------------------|--------|--|--------------------|----------|
| Bucatini | 165g | <u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt | Energy | 1149kJ |
| Carbonara Sauce | 125g | Cream (<u>Milk</u>), Parmigiano Reggiano (<u>Milk</u> , Salt, Rennet), <u>Egg</u> Yolk (18%), Water, Black Pepper | Calories | 275kCal |
| Pancetta | 35g | 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. | Fat | 14.4g |
| Parmigiano Reggiano | 35g | <u>Milk</u> , Salt, Rennet | Of which saturates | 6.4g |
| | | | Carbohydrates | 22.4g |
| | | | Of which sugars | 1.0g |
| | | | Protein | 13.9g |
| | | | Salt | 1.8g |

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 *bucatini* should be cooked from frozen. The *carbonara* sauce needs to be defrosted overnight in the fridge. From frozen, the pasta needs 1 minute's additional cooking time than the normal cooking time. Go Grande Portions are 30% larger. *This food has been prepared in a kitchen that also prepares celery, crustaceans, egg, fish, gluten, milk, mustard, molluscs, nuts, soya, sulphites, and therefore may contain traces of these.*



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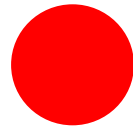
ARTISAN CONCHIGLIONI WITH A SAUSAGE & AUBERGINE RAGÙ & PARMIGIANO REGGIANO



**PARMIGIANO
REGGIANO**

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





Match with red 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 means "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 beef shin *ragù* to nestle within.

Our ragu di salsiccia, translating to 'sausage sauce', is a tomato-based sauce traditionally associated with Toscana. This week, however, we have looked to the Italian south for inspiration, adding wonderful melanzane (aubergine) to evoke the warmth of summer (having *finalmente* arrived). In this dish we've also used traditional Italian sausage, made with tender cuts of pork.. We slowly cook our *salsicce e melanzane* with tomatoes and *bouquet garni* (an assortment of fresh Italian herbs) to give the *ragù* a delightful richness.

This dish has been created in partnership with Parmigiano Reggiano, an inimitably flavoursome cheese produced exclusively in the region of Emilia Romagna. It is 100% natural and is still produced in Italy today as it was 900 years ago using only milk, salt and rennet.

METHOD

1. Bring a large saucepan of salted water to the boil.
2. Cook the *conchiglioni* in the boiling water for 6-7 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*.

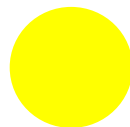
INGREDIENTS

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

| Item | Weight | Ingredients | Nutrition (Dish) | Per 100g |
|--------------------------|--------|--|--------------------|----------|
| Conchiglioni | 165g | <u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Water, Salt | Energy | 1053kj |
| | | | Calories | 252kCal |
| Sausage & Aubergine Ragù | 160g | Tomato Sauce (36%), Pork Sausage (Origin: UK) (25%), Aubergine (15%), Carrot, Onion, Garlic, Extra Virgin Olive Oil, Basil, Salt, Pepper | Fat | 11.6g |
| | | | Of which saturates | 3.8g |
| | | | Carbohydrates | 25.8g |
| | | | Of which sugars | 1.9g |
| | | | Protein | 10.8g |
| Parmigiano Reggiano | 8g | <u>Milk</u> , Salt, Rennet | 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 sauce needs to be defrosted overnight in the fridge. From frozen, the pasta needs 1 minute's additional cooking time than the normal cooking time. Go Grande Portions are 30% larger. *This food has been prepared in a kitchen that also prepares celery, crustaceans, egg, fish, gluten, milk, mustard, molluscs, nuts, soya, sulphites, and therefore may contain traces of these.*



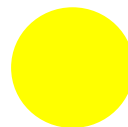
LAMB & ROSEMARY LASAGNE WITH SLOW-COOKED RAGÙ & PARMIGIANO REGGIANO CRUST



**PARMIGIANO
REGGIANO**

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





Match with yellow stickered pasta

ABOUT THIS DISH

Growing up in the neighbourhood of *Castelletto* in *Genoa* (pictured below), our founder, Alessandro, often had lamb *lasagne* and we thought you would enjoy it too! In *Genoa*, the *lasagne* is often filled with a local soft cheese called ‘*prescinseua*’ (pronounced ‘*preshinsoa*’) in place of the traditional *besciamella*. For this recipe, in keeping with national tradition, we’ve opted for the *besciamella*. Although in Naples, where Alessandro’s wife comes from, they sometimes substitute *mozzarella*... as you can imagine, this is quite a hotly debated topic in their home!

The secret to our spectacular lamb *ragù* is time – and lots of it. Over a period of ten hours, the lamb is slowly braised with fresh, Tuscan rosemary until it tenderizes and yields its rich, meaty flavours. A perennial plant from the Lamiaceae family – along with basil, sage, oregano and thyme – *rosmarino* is a familiar sight in the Italian countryside, growing in the wild throughout Italy and the Mediterranean regions, and of course, used widely in Italian culinary circles. The botanical name, *Rosmarinus officinalis*, is derived from the old Latin term meaning ‘dew of the sea’, likely referring to its pale blue flowers and the fact it often grows near the sea. The fresh leaves have a particularly potent fragrance and flavour, and therefore in this instance serve as the perfect accompaniment to the succulence and strong aromatic profile of the lamb.

METHOD

1. Put a baking sheet in the oven and preheat to 200C.
2. Once the oven has reached the temperature, remove the lid from the foil tray, place it 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) | Per 100g |
|-------------------------|--------|---|--------------------|----------|
| | | | Energy | 866kJ |
| Lamb & Rosemary Lasagne | 350g | Lasagne: <u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt, Besciamella Sauce (<u>Milk</u> , <u>Wheat</u> Flour, Butter (<u>Milk</u>), Salt, Pepper) Lamb & Rosemary Ragù: Lamb Shoulder (Origin: Republic of Ireland) (52%) Tomatoes, Red Wine (<u>Sulphites</u>), Onion, Carrot, <u>Celery</u> , Rosemary, Garlic, Mint, Thyme, Bay Leaf, Salt, Black Pepper, Olive Oil Parmigiano Reggiano: <u>Milk</u> , Salt, Rennet | Calories | 208kCal |
| | | | Fat | 11.6g |
| | | | Of which saturates | 5.5g |
| | | | Carbohydrates | 13.1g |
| | | | Of which sugars | 1.5 |
| | | | Protein | 11.8g |
| | | | Salt | 0.3g |

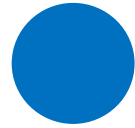


Consume within 2 days of delivery.

FREEZING: The *lasagne* can be frozen (below -18 degrees °C) on day of delivery and keeps for 1 month in the freezer. The *lasagne* should be defrosted overnight in the fridge. *This food has been prepared in a kitchen that also prepares celery, crustaceans, egg, fish, gluten, milk, mustard, molluscs, nuts, soya, sulphites, and therefore may contain traces of these.*



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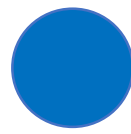


LOBSTER & CRAB TORTELLONI WITH LEMON PANGRATTATO, SAMPHIRE & SAGE BUTTER



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





Match with blue stickered pasta, sauce and garnish

ABOUT THIS DISH

A staple sight in coastal Italian restaurants, evocative of locations such as *Camogli* on the Ligurian coast (pictured below). Those lucky enough to have driven along the coastline will be familiar with the small, family-run restaurants, that as you drive, appear on the horizon.

But it's the waft of fresh seafood cooking in the kitchens of these little, family-run establishments that is most captivating. From *aragosta* – lobster in Italian – to the most beautiful crab, the residents of these little coastline eating spots typically source freshly-caught seafood directly from nearby fishermen in the morning, giving them time to prepare the catch and create simple but sublime dishes in time for hungry drivers to feast upon as lunchtime arrives. In this dish, we've looked to this wonderfully idyllic scene of the Italian coastline for inspiration, combining the most wonderful, crimson-hued lobster with fresh crab meat to create this special filling for our *tortelloni*. To accentuate the flavour – and indeed do justice to – these ingredients, we dress the *tortelloni* in a simple, but beautiful, butter infused with sage (a fabulous pairing for seafood), as well as a sprinkling of lemony *pangrattato*. To finish, we garnish with a little *asparagi di mare* (the Italians poetically refer to samphire as 'asparagus of the sea'), adding a final whisper of the Italian seaside – and it's most beautiful.

Should you ever find yourself in *Liguria*, our founder Alessandro says to pop by a restaurant by the name of 'Da Vittorio'. Located in the town of *Recco* which neighbours *Camogli*, ask for Mattia and mention you're friends with Alessandro and you're in for a treat! He'll be sure not to let you leave before trying some of the best Ligurian seafood dishes and specialities, including *focaccia di recco* and *pesto* freshly made that day.

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 deliciously and will infuse well with the sage 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 the boil.
2. Cook the *tortelloni* in the boiling water for 3-4 minutes until 'al dente' (check a piece before removing from the pan).
3. Whilst the pasta cooks, put the sage butter and samphire in a pan, cover with a lid and gently heat until steaming. Once steaming, turn off the heat.
4. Once cooked, lift the *tortelloni* out of the water and transfer to the pan with the butter and samphire, and toss gently to coat.
5. Finally, finish with the lemon *pangrattato*. *Buon appetito*.

INGREDIENTS

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

| Item | Weight | Ingredients |
|-----------------------------------|--------|---|
| Lobster & Crab Tortelloni | 200g | Pasta (56%) <u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt, Filling (44%): Lobster (<u>Crustacean</u>), Crab Meat (<u>Crustacean</u>) (Handpicked: Some shell may remain), Whitefish (<u>Fish</u>), Ricotta Cheese (<u>Milk</u>), Tomatoes Concentrate, Olive Oil, White Wine (<u>Sulphites</u>), Parsley, Butter (<u>Milk</u>), Garlic, Black Pepper, Salt |
| Lemon Pangrattato | 5g | Breadcrumbs (<u>Wheat</u>), Olive Oil, Lemon Zest, Salt, Black Pepper |
| Samphire | 9g | Samphire |
| Sage Butter | 25g | Butter (<u>Milk</u>), Sage, Salt, Black Pepper |
| Consume within 1 day of delivery. | | |



| Nutrition (Dish) | Per 100g |
|--------------------|----------|
| Energy | 1163kJ |
| Calories | 279kCal |
| Fat | 13.9g |
| Of which saturates | 6.6g |
| Carbohydrates | 25.0g |
| Of which sugars | 1.6g |
| Protein | 13.0g |
| Salt | 0.8g |

FREEZING: Both the *tortelloni* and the sage butter can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The *tortelloni* should be cooked directly from frozen. The sage butter needs to be defrosted overnight in the fridge.

From frozen, the pasta needs 1 minute's additional cooking time than the normal cooking time. Go Grande Portions are 30% larger.

This food has been prepared in a kitchen that also prepares celery, crustaceans, egg, fish, gluten, milk, mustard, molluscs, nuts, soya, sulphites, and therefore may contain traces of these.



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STROZZAPRETI WITH PISTACHIO PESTO, PISTACHIO CRUMB & PARMIGIANO REGGIANO



**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 through the use of one of Sicily's most famous products: beautiful Bronte pistachios.

This dish has been created in partnership with Parmigiano Reggiano, an imitably flavoursome cheese produced exclusively in the region of Emilia Romagna. It is 100% natural and is still produced in Italy today as it was 900 years ago using only milk, salt and rennet.

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>**):

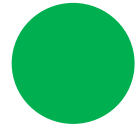
| Item | Weight | Ingredients | Nutrition (Dish) | Per 100g |
|---------------------|--------|---|--------------------|----------|
| Strozzapreti | 165g | Durum <u>Wheat</u> Flour, Water | Energy | 1534kJ |
| Pistachio Pesto | 70g | Pistachio <u>Nuts</u> (44%), Extra Virgin Olive Oil, Parmigiano Reggiano (<u>Milk</u> , Salt, Rennet), Water Basil, Garlic | Calories | 369kJ |
| | | | Fat | 19.8g |
| | | | Of which saturates | 4.0g |
| Pistachio Crumb | 8g | Pistachio Nuts (<u>Nuts</u>) | Carbohydrates | 34.8g |
| | | | Of which sugars | 1.7g |
| Parmigiano Reggiano | 8g | Parmigiano Reggiano: (<u>Milk</u>), Salt, Rennet | 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 needs to be defrosted overnight in the fridge before cooking. From frozen, the pasta needs 1 minute's additional cooking time than the normal cooking time. Go Grande Portions are 30% larger. *This food has been prepared in a kitchen that also prepares celery, crustaceans, egg, fish, gluten, milk, mustard, molluscs, nuts, soya, sulphites, and therefore may contain traces of these.*



PASTA
EVANGELISTS
made in London



GOURMET MAC & CHEESE WITH BLACK TRUFFLE & PANGRATTATO CRUMB



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





Match with green stickered pasta 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 driven by poverty and destitution), 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* 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 200C.
2. Once the oven has reached 200C, remove the lid from the foil tray, pour over the pecorino cream and place on a hot baking sheet and cook for 15-20 minutes, or until heated through and piping hot.
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 | Nutrition (Dish) | Per 100g |
|----------------|--------|---|--------------------|----------|
| Mac & Cheese | 350g | 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 (Breadcrumbs <u>Wheat</u>), Olive Oil, Salt, Black Pepper) | Energy | 1080kJ |
| | | | Calories | 258kCal |
| | | | Fat | 15.0g |
| | | | Of which saturates | 9.0g |
| | | | Carbohydrates | 20.5g |
| | | | Of which sugars | 2.4g |
| Pecorino Cream | 25g | Pecorino Cheese (<u>Milk</u>), Sugar, Water | Protein | 11.3g |
| | | | Salt | 1.1g |

Consume within 2 days of delivery.

FREEZING: The *lasagne* can be frozen (below -18 degrees °C) on day of delivery and keeps 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 celery, crustaceans, egg, fish, gluten, milk, mustard, molluscs, nuts, soya, sulphites, and therefore may contain traces of these.*



ENGLISH GARDEN PEA & SHALLOT TORTELLONI WITH GARLIC OIL & LEMON PANGRATTATO (Ve.)



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





Match with purple stickered pasta,
sauce and garnish

ABOUT THIS DISH

Tortelloni – literally ‘big *tortellini*’ – originate from *Modena*, a city in the *Emilia-Romagna* region of Italy, situated right in the heart of northern Italy. The exact origin of the shape is widely disputed, but popular legend has it that the innkeeper of a tavern in Bologna created it to resemble Venus’ belly button, having caught a glimpse of its splendour after spying on her and Jupiter through the keyhole of their bedroom. Curiously enough, Venus herself also featured as the source of inspiration for Sandro Botticelli’s painting ‘The Birth of Venus’ (pictured below), considered one of the greatest Renaissance works ever produced.

A dish sure to put a spring in your step, this week’s *Pea & Shallot Tortelloni* are made using fresh English garden peas and combined with shallots, a vegetable small in size but packed full flavour. Gently softened and caramelised, the shallots release a glazed sweetness, making these little pasta parcels utterly delicious. Enhanced with a drizzle of garlic oil and topped with a fresh and zesty *pangrattato con limone* (lemon-infused pangrattato breadcrumbs), this dish feels like a wonderful omen for summer days – now very much upon us – spent in England’s green pastures.

This dish has been created in partnership with Parmigiano Reggiano, an inimitably flavoursome cheese produced exclusively in the region of Emilia Romagna. It is 100% natural and is still produced in Italy today as it was 900 years ago using only milk, salt and rennet.

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 deliciously and will infuse well with the garlic oil. When transferring to the pan, separate any pieces which may have stuck together. 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 the boil.
2. Cook the *tortelloni* in the boiling water for 3-4 minutes until ‘al dente’ (test a corner before removing from water).
3. Once cooked, lift the *tortelloni* out of the water, transfer to a pan and drizzle with the garlic oil. Toss gently to coat.
4. Finally, sprinkle with the lemon *pangrattato*. *Buon appetito*.

INGREDIENTS

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

| Item | Weight | Ingredients | Nutrition (Dish) | Per 100g |
|--------------------------|--------|--|--------------------|----------|
| Pea & Shallot Tortelloni | 200g | Pasta (56%): Durum <u>Wheat</u> Flour, Water Filling (44%): Peas (66%), Shallots (11%), Breadcrumbs (<u>Wheat</u> , Flour, Salt, Yeast), Olive Oil, Water Salt | Energy | 1132kJ |
| | | | Calories | 270kCal |
| | | | Fat | 13.0g |
| | | | Of which saturates | 2.6g |
| Garlic Oil | 25g | Olive Oil, Garlic | Carbohydrates | 30.6g |
| | | | Of which sugars | 1.5g |
| Lemon Pangrattato | 5g | Breadcrumbs (<u>Wheat</u>), Olive Oil, Lemon Zest, Salt, Black Pepper | Protein | 6.7g |
| | | | Salt | 0.4g |



Consume within 1 day of delivery.

FREEZING: The *tortelloni* can be frozen (below -18 degrees °C) on day of delivery and keeps for 1 month in the freezer. The *tortelloni* should be cooked directly from frozen. From frozen, the pasta needs 1 minute’s additional cooking time than the normal cooking time. Go Grande Portions are 30% larger. *This food has been prepared in a kitchen that also prepares celery, crustaceans, egg, fish, gluten, milk, mustard, molluscs, nuts, soya, sulphites, and therefore may contain traces of these.*

NEXT WEEK'S MENU

Pre-order at pastaevangelists.com now.

MEATY PASTA



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



Mafalde with Ragù alla
Bolognese & Parmigiano
Reggiano

MEAT FREE PASTA



Giant Gnocchi filled with
Mozzarella & Tomato with
Sicilian Tomato Sauce &
Parmigiano Reggiano



Trofie with a Ligurian Walnut
Sauce, Walnut Crumb &
Parmigiano Reggiano

VEGETARIAN PASTA

SEAFOOD PASTA



Seabass Tortelloni with Sage
Butter & Crushed Grissini



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



Asparagus Ravioli with
Garlic & Lemon Butter &
Vegetarian Parmesan (V.)



Lemon & Ricotta Tortellini
with Lemon Zest Pangrattato,
Lemon-Garlic Butter &
Vegetarian Italian Cheese (V.)