



**PASTA
EVANGELISTS**
made in London

This Week's Menu



Week commencing 24th June, 2019

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Pasta Evangelists



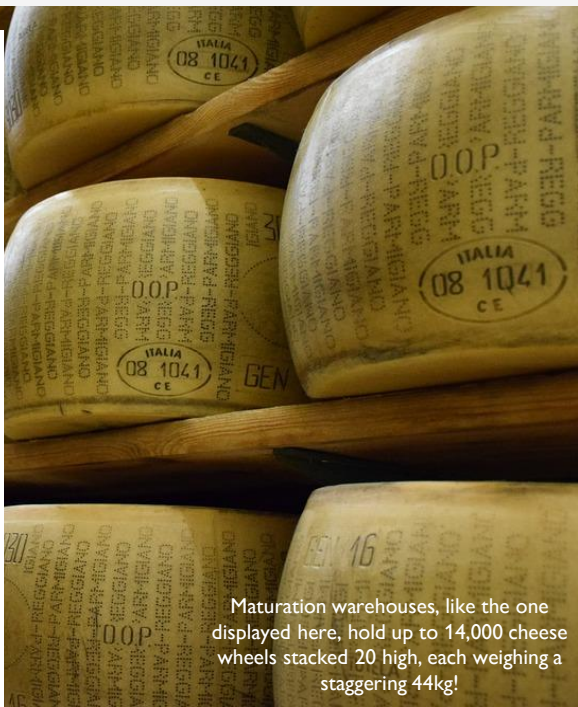
#pastaevangelists #parmigianoreggiano
@pastaevangelists @parmigianoreggiano

Saying cheese and thank you!

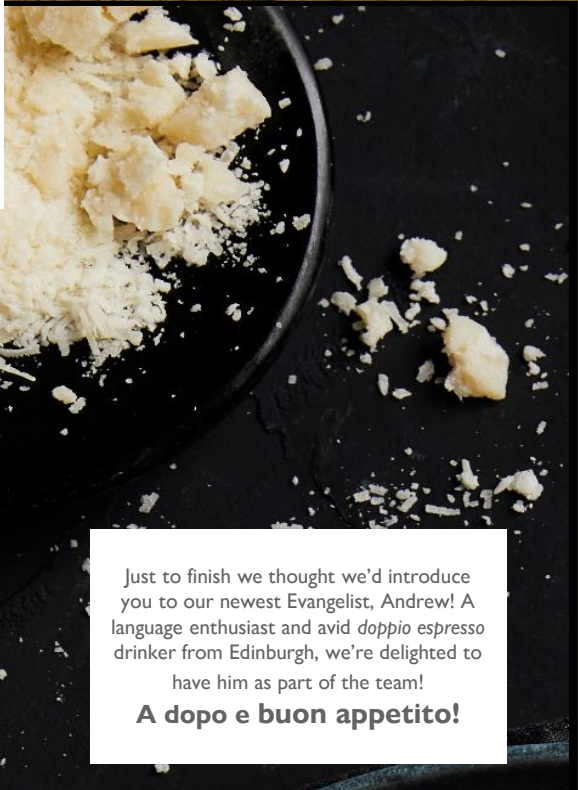
Ciao! Grazie mille for ordering from Pasta Evangelists. Just a quick word on the subject of our official partners *Parmigiano Reggiano*.

The distinctive flavour of this cheese is rooted in centuries-old tradition which dates back to 1200 when Benedictine monks first produced the cheese. Just like back then, the cheese consists only of 3 natural ingredients: milk, salt and rennet. No nasty additives or chemicals.

Importantly, the cheese is a PDO (Protected Designation of Origin) product, meaning that its distinctive features and its link with the area of origin are guaranteed by a system of EU rules. Production of the cheese is limited exclusively to the provinces of Parma, Reggio Emilia, Modena, Bologna to the west of the Reno River and Mantua to the east of Po River. Anything produced outside these strict geographical confines is considered an impostor, and cannot carry the highly prestigious label of *Parmigiano Reggiano*. Quality and consistency then is guaranteed, a philosophy we wholeheartedly embrace here at *Pasta Evangelists*.



Maturation warehouses, like the one displayed here, hold up to 14,000 cheese wheels stacked 20 high, each weighing a staggering 44kg!



Just to finish we thought we'd introduce you to our newest Evangelist, Andrew! A language enthusiast and avid *doppio espresso* drinker from Edinburgh, we're delighted to have him as part of the team!

A dopo e buon appetito!



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THIS WEEK'S PASTA MENU

MEATY PASTA

'Ultimate' Lasagne with Beef & Barolo Ragù, Parmigiano Reggiano Bechamel & 30-Month Aged Parmigiano Reggiano Crust

Conchiglioni with Slow-Cooked Lamb Shoulder Ragù & Parmigiano Reggiano

Giant Gnocchi Filled with Spicy 'Nduja Sausage, Arrabbiata Sauce & Parmigiano Reggiano

VEGETARIAN PASTA

Fennel & Mascarpone Tortelloni with Walnut-Thyme Pangrattato, Sage Butter & Parmigiano Reggiano

Gnocchi Rustici with 30-Month Aged Parmigiano Reggiano & Sage Cream

Goat's Cheese & Ricotta Pansoti with Chive Butter and Walnut-Thyme Pangrattato

Lemon & Ricotta Tortellini with Lemon Zest Pangrattato, Lemon-Garlic Butter and Vegetarian Italian Cheese

VEGAN PASTA

Orecchiette with Pistachio Pesto & Pistachio Crumb

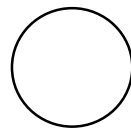
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Pasta Evangelists



#pastaevangelists #parmigianoreggiano
@pastaevangelists @parmigianoreggiano

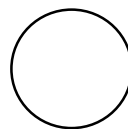


**‘ULTIMATE’ LASAGNE WITH BEEF BAROLO RAGÙ,
PARMIGIANO REGGIANO BECHAMEL & 30-MONTH
AGED PARMIGIANO CRUST**



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





Match with white stickered pasta,
sauce and garnish

ABOUT THIS DISH

Ragù was invented and published in the 18th century by Alberto Alvisi, the then chef for the Cardinal of Imola, a figure who would then go on to become Pope Pio VII. The recipe unfortunately fell into oblivion. Later documented as the 'The Cardinal's Ragu', however, the recipe was rediscovered some 180 years later by Bolognese journalists digging through archives. Alvisi's original recipe included exotic spices like cinnamon, which was certainly quite inventive for the age. Using cinnamon in ragù is now rarely used in modern day practice. Instead, the meat is the primary focus. Our chefs carefully brown pieces of marbled beef shin until they take on a deep, burnished hue. Our selection of Barolo – a rich, deeply concentrated full-bodied wine – adds a certain intensity to this dish in the form of a fabulously rich and aromatic flavour. A big, powerful, tannic wine, Barolo needs to be suitably matched with foods of similar weight which is exactly why we've embedded it within our sheets of lasagne which catch the rich ragù perfectly. A smooth, creamy béchamel, topped with *Parmigiano* acts as a wonderfully classic complement to all the meaty goodness of this 'ultimate' lasagne.

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. 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 it on the hot baking sheet in the oven and cook for 15-20 minutes until heated through and piping hot.
3. Use a fish slice to remove lasagne from the foil tray. *Buon appetito.*

INGREDIENTS

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

Item	Weight	Calories (per portion)	Ingredients
Lasagne	350g	410kCal	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) Beef & Barolo Ragù: Beef Shin (52%), Onion, Red Wine, (<u>Sulphites</u>), Beef Stock, Carrot, <u>Celery</u> , Tomato Puree, Garlic, Olive Oil, Bay Leaf, Salt Parmigiano Reggiano: (<u>Milk</u>), Salt, Rennet

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



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CONCHIGLIONI WITH SLOW-COOKED LAMB SHOULDER RAGÙ & PARMIGIANO REGGIANO



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





Match with green stickered pasta,
sauce and garnish

ABOUT THIS DISH

In this sumptuous dish, we use superior quality lamb shoulder, sourced from our top butcher. They tell us that his wonderful cut, with its beautiful amount of fat that bastes as it cooks, prospers when cooked slowly over a long period of time. And we are delighted to heed their advice, for the result is really quite special. Slow-cooking the lamb over ten long, aromatic hours yields meat so tender, so intensely succulent, that the lamb can be torn apart at the slightest stab of a fork.

And such a wondrous sauce naturally demands the perfect pasta partner. 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 'large 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 this exquisite lamb to nestle within. Enjoy with a glorious garnish of *Parmigiano* cheese and be transported to the *bel paese* by this incredibly aromatic sauce.

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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 lamb ragù in a large pan, add 1-2 tbsp (20ml) of the boiling cooking water, cover with a lid and heat until steaming. Once steaming, turn heat off.
4. Transfer the pasta to the ragù. Scatter with the *Parmigiano Reggiano*. *Buon appetito*.

INGREDIENTS

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

Item	Weight	Calories (per portion)	Ingredients
Conchiglioni	165g	172kCal (per 100g)	<u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt
Lamb Shoulder Ragù	160g	104kCal	Lamb Shoulder (52%), Tomatoes, Onion, Red Wine (<u>Sulphites</u>), <u>Celery</u> , Carrot, Mint Leaves, Garlic, Rosemary, Thyme, Bay Leaf, Salt, Black Pepper, Olive Oil
Parmigiano Reggiano	8g	28kCal	Parmigiano Reggiano (<u>Milk</u> , Salt, Rennet)

Consume within 2 days of delivery.

FREEZING: The pasta can be frozen (below -18 degrees °C) on day of delivery and keeps for 1 month in the freezer. The pasta should be cooked from frozen. The sauce needs to be defrosted 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 molluscs, milk, milk, mustard, nuts, gluten, fish, crustaceans, and therefore may contain traces of these.*



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**GIANT GNOCCHI FILLED WITH SPICY 'NDUJA
SAUSAGE, ARRABBIATA SAUCE & PARMIGIANO
REGGIANO**



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





Match with pink stickered pasta,
sauce and garnish

ABOUT THIS DISH

Traditional, non-filled *gnocchi* have a long history in Italian cuisine, dating all the way back to Ancient Roman times. *Gnocchi* in tomato sauce can be traced all the way back to the 16th century, as a meal served during the first of Verona's iconic *Carnevale* in 1531. Carrying a legacy of over 480 years, the carnival is an annual event taking place before Lent, a period during which meat is traditionally given up.

Gnocchi in tomato sauce became a filling and delicious vegetarian alternative, and a dish you'd still be able to find at Verona's Carnival. Filled *gnocchi*, however, are a 21st century adaptation. And an upgraded one we think. Here we carefully fill each individual *gnocco* with 'nduja, a celebrated staple of Calabrian cuisine. Made with cuts of pork meat hailing from the rugged local landscape and flavoured with roasted spicy peppers, this forms a soft sausage with a brilliantly warm and spicy taste.

Not shying away from heat in this dish, we serve our 'nduja-stuffed *gnocchi* with a homemade *arrabbiata* sauce, made with beautiful chillies and tomatoes from Sicily.

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 gnocchi are fresh and artisanal 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 arrabbiata sauce.

1. Open the *gnocchi* package and put in the frying pan with some olive oil, for 4 minutes.
2. Pan-fry the *gnocchi* until crisp and brown
3. While the *gnocchi* cooks, put the *arrabbiata* sauce in a large pan with a lid and heat until steaming. Once steaming, turn off the heat.
4. Transfer the *gnocchi* to the sauce. Toss gently to coat
5. Finally, sprinkle with *Parmigiano Reggiano*. *Buon appetito.*

INGREDIENTS

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

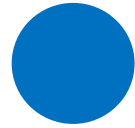
Item	Weight	Calories (per portion)	Ingredients
Gnocchi filled with 'Nduja Sausage	200g	198kCal (per 100g)	Gnocchi (78%): Potato Puree, Water, Potato Puree contains: Potato Flakes (<u>Sulphites</u>) (42%), Maize Starch, Flour 00 (<u>Wheat</u>), Salt, Potato Starch, <u>Milk</u> Powder, <u>Egg</u> Powder, Preservative: E223 (<u>Sodium Metabisulphite</u>), Antioxidant: E304, Acidity Regulator: E330, Emulsifier: E471, Stabilizer: E450. Filling (22%): Ricotta Cheese (<u>Milk</u>), Mascarpone Cheese (49%), (<u>Milk</u>), Nduja Spicy Salami (24%) (Pork Fat, Pork Meat, Red Chilli Sauce, Spicy Red Chilli, Salt, Dextrose, Spices, Smoked Aromas, Aromas, Preservative: E250 Sodium Nitrate, E252 Potassium Nitrate.
Arrabbiata Sauce	70g	70kcal	Tomato, Shallot, Fresh Mixed Chillies, Garlic, Extra Virgin Olive Oil, Basil, Parsley, Salt, Pepper
Parmigiano Reggiano	8g	14kCal	Parmigiano Reggiano (<u>Milk</u> , Salt, Rennet)

Consume within 1 day of delivery.

FREEZING: Both the pasta and the sauce can be frozen (below -18 degrees °C) on day of delivery and keeps for 1 month in the freezer. Both the pasta and the sauce 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 molluscs, milk, mustard, nuts, gluten, fish, crustaceans, and therefore may contain traces of these.*



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**FENNEL & MASCARPONE TORTELLONI WITH
WALNUT-THYME PANGRATTATO, SAGE BUTTER &
PARMIGIANO REGGIANO**



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





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Match with blue stickered pasta,
sauce and garnish

ABOUT THIS DISH

Filled pastas, or *paste ripiene*, as they are known in the vernacular, abound in Italy. Important is the distinction between the often confused *tortellini* and *tortelloni*. While the names are often mistakenly understood as one and the same, there's a crucial element of difference between the two, namely their size. The *-one* or *-oni* in Italian expresses intensity, and as a result literally aggrandizes any word it attaches itself onto. You'll be delighted to know we're therefore bringing you the heartier and more substantial variation of the two.

Hailing from the gastronomical powerhouse that is the region of *Emilia-Romagna* – think of the much esteemed duo of *Prosciutto di Parma* and *Parmigiano Reggiano* – we combine the *tortelloni* with an indulgent mascarpone, an Italian delicacy more often than not associated with sweeter dishes (think *Tiramisu*). Fear not however, for the richness of the cheese is suitably blended with the anise-like flavour of the fennel. The *finocchio* – fennel in Italian -- certainly packs a punch here. The creamy texture of the *mascarpone*-fennel combo is complemented by the earthy and aromatic tangs of the walnut and thyme, making this a melt-in-your-mouth dish. As of course you've now come to expect, we top it all off with a sprinkling of *Parmigiano Reggiano*, only this time with a twist. The mountain variation of this delicacy – produced by cows that live in the fresh and rainy climate of the high-altitude pastures in the Apennines – mean for an even tastier garnish.

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METHOD

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 in a separate pan, cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Lift the *tortelloni* out of the water and transfer to the pan containing the butter.
5. Finally, sprinkle with the walnut-thyme *pangrattato* and the *Parmigiano Reggiano* and serve. *Buon appetito.*

INGREDIENTS

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

Item	Weight	Calories (per portion)	Ingredients
Fennel & Mascarpone Tortelloni	200g	291kCal (per 100g)	Pasta (56%): <u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Water, Salt Filling (44%): Mascarpone Cheese (53%), (<u>Milk</u>), Ricotta Cheese (<u>Milk</u>), Fennel, Butter (<u>Milk</u>), Fennel Seeds, Salt, Black Pepper
Walnut & Thyme Pangrattato	4g	29kCal	Breadcrumbs (<u>Wheat</u>), Olive Oil, Walnuts (<u>Nuts</u>), Salt, Thyme, Black Pepper
Parmigiano Reggiano	8g	28kCal	Parmigiano Reggiano (Milk, Salt, Rennet)
Sage Butter	25g	64kCal	Butter (<u>Milk</u>), Salt, Sage

Consume within 1 day of delivery.

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



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GNOCCHI RUSTICI WITH 30-MONTH AGED PARMIGIANO REGGIANO & SAGE CREAM



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





Match with orange stickered pasta,
sauce and garnish

ABOUT THIS DISH

In this limited-edition dish, created in partnership with the official consortium of *Parmigiano Reggiano DOP* producers in Italy, we bring you the crème de la crème of Italian cheese in the form of 30-month aged *Parmigiano Reggiano*. Sourced from the region of Emilia-Romagna, where cattle graze on verdant mountain pasture and lead lives far from the cities of the valleys, 30-month aged *Parmigiano Reggiano* is truly special, distinguished by its rich, deep and fruity profile. These characteristics enable it to be combined with scarcely more than water to create a cream that, whilst simple in preparation, is sublime to behold. We also infuse the cream with *salvia* – sage in Italian. In continuation of our decadent simplicity, we pair our *Parmigiano Reggiano* cream with fresh, artisan gnocchi. Known as *gnocchi rustici* in acknowledgement of their idiosyncratic, imperfect shaping, these dinky morsels are the perfect vessel for this special cream. Imperfectly perfect, we'll sure you'll love them.

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. Add the gnocchi to the pan for 2-3 minutes. When they rise to the top, they're ready! Do look out as they can break easily if they are left in the boiling water for too long.
3. Once ready, transfer the *gnocchi* to the sage cream. Toss gently to coat.
4. Finally, sprinkle with *Parmigiano Reggiano*. *Buon appetito*.

INGREDIENTS

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

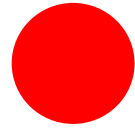
Item	Weight	Calories (per portion)	Ingredients
Gnocchi	200g	171kCal (per 100g)	Gnocchi: Potato Puree, Water, Potato Puree contains: Potato Flakes (<u>Sulphites</u>) (42%), Maize Starch, Flour 00 (<u>Wheat</u>), Salt, Potato Starch, <u>Milk</u> Powder, <u>Egg</u> Powder, Preservative: E223 (<u>Sodium Metabisulphite</u>), Antioxidant: E304, Acidity Regulator: E330, Emulsifier: E471, Stabilizer: E450.
Sage Cream	35g	29kCal	Water, Parmesan Cheese (<u>Milk</u>), Sage
Parmigiano Reggiano	8g	28kCal	Parmigiano Reggiano (<u>Milk</u> , Salt, Rennet)

Consume within 2 days of delivery.

FREEZING: Both the *gnocchi* and the cream can be frozen (below -18 degrees °C) on day of delivery and keeps for 1 month in the freezer. The *gnocchi* should be cooked directly from frozen. The cream must be defrosted in the fridge before cooking. From frozen, the *gnocchi* 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 molluscs, milk, mustard, nuts, gluten, fish, crustaceans, and therefore may contain traces of these.*



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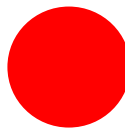
**GOAT'S CHEESE & RICOTTA PANSOTI WITH
CHIVE BUTTER AND WALNUT-THYME
PANGRATTATO**



**PARMIGIANO
REGGIANO**

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





Match with red stickered pasta, sauce
and garnish

ABOUT THIS DISH

A classic pasta from *Liguria* – the rock coastline better known as the Italian Riviera and of course, not forgetting, the home region of our founder – *pansoti* derive their name from the rather unflattering yet endearing *pancia*. Italian for 'belly', the snugly nestled filling within the exterior layer of pasta is suggestive of one too many nights of gluttonous overindulgence, hard to abstain from when dealing with this kind of soft filled pleasure. Earliest mention of their existence dates back to 1931, making them a fairly recent addition to the cosmic variety of Italian pastas in culinary circulation.

Our selection sees it paired with a rich, creamy goat's cheese and ricotta combination, making the temptation to resist all the harder. Whilst goat's cheese is often divisive, with detractors invoking its intensity, both the ricotta and chives add freshness and depth to the flavor profile of this dish. Traditionally, the walnut would have come in the form of a sauce or pesto, a dish typical of the *cucina Genovese*. Here, however, we've done things a bit differently (as we often do). Whilst still preserving the crunch of the walnut, we've added it to our *pangrattato*, along with thyme. Sprinkle and toss these little gems through the *pansoti* just to top it all off.

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 butter. When transferring to the pan, separate any pieces which may have stuck together.

1. Bring a large saucepan of salted water to the boil.
2. Cook the *pansoti* in the boiling water for 3-4 minutes until 'al-dente' (test a piece before removing from the water).
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 *pansoti* out of the water and transfer to the butter.
5. Sprinkle the pasta with the walnut-thyme *pangrattato* and *Parmigiano Reggiano*. *Buon appetito.*

INGREDIENTS

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

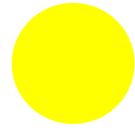
Item	Weight	Calories (per portion)	Ingredients
Goat's Cheese & Ricotta Pansoti	165g	258kCal (per 100g)	Pasta (50%): <u>Wheat</u> Flour, Egg, Durum <u>Wheat</u> Flour, Water Filling (50%): Ricotta Cheese (<u>Milk</u>), Goat Cheese (<u>Milk</u>)
Chive Butter	25g	150kCal	Butter (<u>Milk</u>), Chives, Salt, Black Pepper
Walnut-Thyme Pangrattato	4g	29kCal	Breadcrumbs (<u>Wheat</u>), Olive Oil, Walnuts (<u>Nuts</u>), Salt, Thyme, Black Pepper
Parmigiano Reggiano	8g	28kCal	Parmigiano Reggiano (<u>Milk</u> , Salt, Rennet)

Consume within 1 day of delivery.

FREEZING: Both the pasta and the butter can be frozen (below -18 degrees °C) on day of delivery and keeps for 1 month in the freezer. The pasta should be cooked directly from frozen. The butter must be defrosted in the fridge 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 molluscs, milk, mustard, nuts, gluten, fish, crustaceans, and therefore may contain traces of these.*



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**LEMON & RICOTTA TORTELLINI WITH LEMON
ZEST PANGRATTATO, LEMON-GARLIC BUTTER
AND VEGETARIAN ITALIAN CHEESE**

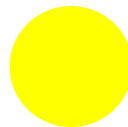


Photograph: Tim Atkins | Share a photo of your dish online





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Match with yellow stickered pasta,
sauce and garnish

ABOUT THIS DISH

Its colour is reminiscent of sunlight, its scent and aroma are powerful, and its flavour, sweet at first, entices the palate. We are, of course, talking about lemons, or in the rather poetic Italian, *limoni*. Grown in abundance across Italy, but most wonderfully fragrant and perfumed in April and May, lemons are celebrated and adored by all Italians.

This is practically true along the Amalfi Coast, known for its wondrous lemon bounties, as well as in Sicily, where the sunny Mediterranean climate provides the perfect growing environment for this special citrus. But regardless of the fruit's provenance, one thing all Italians can agree on is its central role in Italian cuisines.

To celebrate *limoni* at their best, we've created a filling for this week's *tortellini* that, although remarkably simple, could scarcely be less Italian in spirit and inspiration, having been prepared using seasonal Italian lemons and *ricotta*, the classic soft cheese. It's also rare to find *tortellini* on our menu – we tend to prefer the larger, more generous-feeling *tortelloni* – but there's something so beautiful and simple about these diminutive filled pasta that felt so fitting with this week's stripped-back, but intensely fragrant, filling. And the fresh, flavoursome hit from the lemon & garlic compound butter we serve with – as well as a scattering of salty Italian hard cheese – completes our celebration of this veritable citrus. Long live the lemon.

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 butter. When transferring to the pan, separate any pieces which may have stuck together.

1. Bring a large saucepan of salted water to the boil.
2. Cook the *tortellini* 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 lemon-garlic butter in a pan, cover with a lid and gently heat until steaming. Once steaming, turn off the heat.
4. Finally, lift the *tortellini* out of the water and transfer to a pan. Finish with the lemon *pangrattato* and sprinkle with the cheese. Toss gently to coat. *Buon appetito.*

INGREDIENTS

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

Item	Weight	Calories (per portion)	Ingredients
Lemon & Ricotta Tortellini	200g	225kCal (per 100g)	Pasta (60%): <u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt, Water Filling (40%): Ricotta Cheese (<u>Milk</u>), Lemon, Salt
Lemon Pangrattato	6g	54kCal	Breadcrumbs (<u>Wheat</u>), Olive Oil, Lemon Zest, Salt, Black Pepper
Lemon & Garlic Butter	25g	150kCal	Butter (<u>Milk</u>), Garlic, Lemon Zest, Black Pepper
Vegetarian Italian Cheese	8g	42kCal	<u>Milk</u> , Salt, Vegetarian Rennet

Consume within 1 day of delivery.

FREEZING: Both the pasta and the butter can be frozen (below -18 degrees °C) on day of delivery and keeps for 1 month in the freezer. The pasta should be cooked directly from frozen. The butter needs to be defrosted 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 molluscs, milk, mustard, nuts, gluten, fish, crustaceans, and therefore may contain traces of these.*



PASTA
EVANGELISTS
made in London



ORECCHIETTE WITH PISTACHIO PESTO & A PISTACHIO CRUMB



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





Match with purple stickered pasta,
sauce and garnish

ABOUT THIS DISH

Orecchiette, literally 'little ears' in Italian, are a perfect example of how amazing pasta can be! Using only flour and water, the little shapes have a firm bite, but a soft interior. As a *pasta bianca* (white pasta), they are free of egg and thus suitable for vegans. But don't worry if you aren't vegan – this is how they're traditionally made, and, rest assured, they're delicious just as they are!

Another delight is, of course, the variety of shapes available across Italy's twenty regions. *Orecchiette* are known and loved in their rugged home region of *Puglia* for their ability to scoop up smaller elements of the sauce, such as this innovative fresh *pesto* with its star ingredient: Sicilian pistachios. This wonderful plant-based *pesto* combines luxuriously with the fresh *orecchiette*, creating a dish that invites moreish mouthfuls. We apply supply a Sicilian pistachio crumb for you to sprinkle over the dish once prepared: this adds wonderful crunch and texture, as well as showcasing the pretty, pink-speckled shards of pistachio. As our very own *sfgolina* – an Italian term reserved for pasta artisans – Roberta often tells us, there are two ways to make *orecchiette*. In the city of *Bari* (the capital of the region of *Puglia*) their form is made using two fingers –foregoing the knife – whilst in the city of *Foggia* they're made using one finger. Another important tip is to make sure the chopping board you use for rolling the pasta has plenty of deep ridges on it, so as to give the pasta its distinctive texture. So ingrained in the fabric of *Puglia*'s very culinary identity are *orecchiette*, that in the *centro storico* it's common to see women rolling pasta on the street from 8am. The street itself boasts the name of *Via delle Orecchiette*, or 'Street of the *Orecchiette*' (displayed in the image below)!

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, separate any pieces which may have stuck together. Don't worry if some flour remains on the pasta it will taste just as delicious.

1. Bring a large saucepan of salted water to the boil .
2. Cook the *orecchiette* in the boiling water for 3-4 minutes until 'al dente' (test one before removing from water)
3. Whilst the pasta cooks, put the pistachio *pesto* in a pan. Add 1-2 tbsp (15-20ml) of the boiling cooking water, cover the *pesto* with a lid and heat until steaming. Once steaming, turn off the heat.
4. Lift the *orecchiette* out of the water with a slotted spoon and transfer to the *pesto*. Toss gently together to coat.
5. Finally, sprinkle with the pistachio crumb. Although not vegan, if desired also sprinkle *Parmigiano* cheese. *Buon appetito*.

INGREDIENTS

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

Item	Weight	Calories (per portion)
Orecchiette	165g	158kCal (per 100g)
Pistachio Pesto	70g	254kCal
Pistachio Crumb	8g	43kCal
Parmigiano Reggiano	8g	28kCal

Ingredients

Durum Wheat Flour, Water

Pistachio Nuts (44%), Extra Virgin Olive Oil, Vegan Cheese : [Water, Starch, Modified Starch, Coconut Oil, Sea Salt, Rice Protein, Flavours, Olive Extract, Colour: B-Carotene, Vitamin B-12], Basil, Garlic, Salt,

Pistachio Nuts (Nuts)

Parmigiano Reggiano (Milk, Salt, Rennet)



Consume within 2 days of delivery.

FREEZING: Both the pasta and the pesto can be frozen (below -18 degrees °C) on day of delivery and keeps for 1 month in the freezer. The pasta should be cooked directly from frozen. The pesto must be defrosted in the fridge overnight 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 molluscs, milk, mustard, nuts, gluten, fish, crustaceans, and therefore may contain traces of these.*

NEXT WEEK'S MENU

Italian-American Special!

Pre-order at pastaevangelists.com now.

MEATY PASTA



Fettuccine alla Carbonara
with Streaky American
Bacon & 12 Month Aged
Parmigiano



Mafalde with 'Hamburger'
Ragù & Parmigiano
Reggiano



Pappardelle with Pulled
Pork Ragù, BBQ Bacon
Crumb & Parmigiano
Reggiano



Spaghettini with New York
Style Beef Meatballs, Marinara
Sauce & Parmigiano Reggiano



Philly Style 'Stromboli di Pasta'
with Salami, Mozzarella &
Marinara Sauce

VEGETARIAN & VEGAN PASTA



Fresh Bigoli alla Marinara with
Italian Hard Cheese (V.)



American Mac & Cheese
with Fresh Jalapeño & a
Cheesy Crumb (V.)



Pumpkin 'Thanksgiving
Tortelloni' with Garlic Oil &
Rosemary Pangrattato (Ve.)