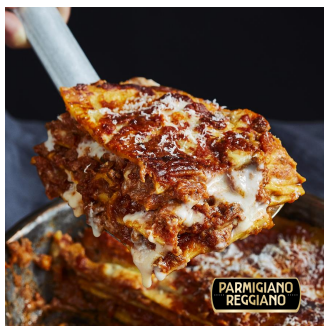




**PASTA**  
**EVANGELISTS**  
*made in London*

# This Week's Menu



Week commencing 8th July, 2019

Evangelise online by sharing a photo of your dishes:



Pasta Evangelists



#pastaevangelists #parmigianoreggiano  
@pastaevangelists @parmigianoreggiano

## A little message from us

**Ciao!** Grazie mille for ordering from Pasta Evangelists.

Amongst this week's dishes we've included firm favourites and well-established members of our culinary repertoire, but we've also added some lesser known pastas including *sedanini*, a pasta whose shape is often confused with *maccheroni*, and the seldom seen – and entirely underappreciated – combination of pasta and poultry which sees the inclusion of our roast chicken *tortelloni*.

On another note, please do pop in to our exclusive Pasta Evangelists stall in the Food Hall of London's iconic Harrods department store. Launched back in November 2018, our team of expert artisans work throughout the day to bring the freshest pasta and the finest sauces to the people of London.

Visit us for deli-style service, taking home beautiful, hand-crafted lobster *tortelloni*, or indeed one of our countless other varieties of pasta, to prepare in minutes at home, or let us cook for you in-store – the choice, of course, is entirely yours! Why not even do both!



Harrods

**Buon appetito!**



**PASTA**  
**EVANGELISTS**  
*made in London*

## THIS WEEK'S PASTA MENU

### MEATY PASTA

Duck Ragù & Taggiasche Olive Lasagne with a Parmigiano Reggiano crust

Artisan Pappardelle with Wild Boar & Red Wine Ragù and Parmigiano Reggiano

Roast Chicken Tortelloni in Rosemary Butter with Crispy Chicken Skin Crumb &  
Parmigiano Reggiano

Giant Conchiglioni with a Beef & Chianti Ragù and Parmigiano Reggiano

### SEAFOOD PASTA

Prawn Girasoli with Lemon & Garlic Butter, Fresh Samphire and Lemon Zest  
Pangrattato

### MEAT FREE PASTA

Black Truffle & Burrata Ravioloni with Truffle Butter & Toasted Hazelnuts

Tagliatelle with Pesto alla Genovese, Pine Nuts & Parmigiano Reggiano

### VEGAN PASTA

Spicy Sedanini Pasta all'Arrabbiata with Vegetarian Italian Cheese (Ve.)

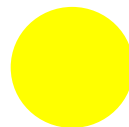
Evangelise online by sharing a photo of your dishes:



Pasta Evangelists



#pastaevangelists #parmigianoreggiano  
@pastaevangelists @parmigianoreggiano



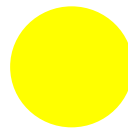
## DUCK RAGÙ & TAGGIASCHE OLIVE LASAGNE WITH A PARMIGIANO REGGIANO CRUST



**PARMIGIANO  
REGGIANO**

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





Match with yellow stickered pasta,  
sauce and garnish

## ABOUT THIS DISH

In Ancient Rome, there was a dish similar to the traditional *lasagne*, once called *lasana* or *lasanum* (Latin for 'container, 'pot') described in the book *De Re Coquinaria* by Apicius. And although our lasagne may differ somewhat from Apicius' version, it is entirely Roman in inspiration. This is particularly true because of 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 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 the finest Italian olives in this recipe, in a nod to the great esteem given to them by Romans, who credited the goddess *Minerva* with its creation. We think you will agree that, together with our beautiful duck ragù, the olives, folded between our fresh *lasagne* sheets, deserve their high consideration, or in Caesar's words 'Veni, Vidi, Vinci', I came, I saw and I won!

*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 200C.
2. Once the oven is up to 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. Use a fish slice to remove the lasagne from the foil tray. *Buon appetito.*

## INGREDIENTS

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

Item	Weight	Calories (per 100g)	Ingredients
Duck Lasagne	350g	117kCal	Lasagne Pasta: <u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt Duck Ragù: Duck Legs (39%), Passata, Taggiasche Olives, Green Peppercorns, Cherry Tomatoes, Onion, White Wine, Carrots, <u>Celery</u> , Garlic Besciamella Sauce ( <u>Milk</u> , Butter ( <u>Milk</u> ), <u>Wheat</u> Flour) Parmigiano Reggiano ( <u>Milk</u> , Salt, Rennet)

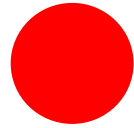
Consume within 2 days of delivery.

**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 overnight in the fridge.. *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*



## ARTISAN PAPPARDELLE WITH WILD BOAR & RED WINE RAGÙ & PARMIGIANO REGGIANO



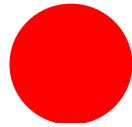
**PARMIGIANO  
REGGIANO**

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





**PASTA**  
EVANGELISTS  
*made in London*



Match with red stickered pasta, sauce and garnish

## ABOUT THIS DISH

Known as the unofficial mascot of Tuscany, wild boar or *cinghiale* in the local tongue, has the dubious honour of being both a local emblem and a local delicacy. The animals forage in local woodland, occasionally causing mischief in vineyards and even gardens, but Tuscans adore the rich, gamey flavour they lend to local dishes.

Our *ragù* follows the time-honoured Tuscan method of gently stewing the wild boar with red wine and plenty of tomatoes, which we serve with the traditional pasta, *pappardelle*, perfect for sopping up the beautiful sauce.

We top the *ragù* and *pappardelle* with the equally reputable, and by now wholly familiar *Parmigiano Reggiano* cheese, whose salty taste makes it the perfect pairing for the deep, rich flavours of this dish.

*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 pasts 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 *pappardelle* in the boiling water for 3-4 minutes until 'al dente' (taste a strand before removing from the water). Stir often to avoid the strands clumping together.
3. Whilst the *pappardelle* 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 *pappardelle* to the *ragù*. Toss gently to coat.
5. Finally, scatter with the *Parmigiano Reggiano*. *Buon appetito*

## INGREDIENTS

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

Item	Weight	Calories	Ingredients
Pappardelle	160g	177kCal (per 100g)	<u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt
Wild Boar Ragù	160g	215kCal (per 100g)	Boneless Wild Boar Shoulder (23%), Boneless Pork Shoulder (23%), Red Wine ( <u>Sulphites</u> ) (13%), Chicken Stock, Onion, Carrot, <u>Celery</u> , Tomato Puree, Garlic, Olive Oil, Salt
Parmigiano Reggiano	8g	28kCal (per portion)	<u>Milk</u> , Salt, Rennet



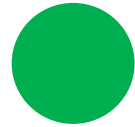
Pictured to the right is *Il Porcellino*, or 'Piglet', the local Florentine nickname for the bronze fountain of this wild boar

Consume within 2 days of delivery.

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



**PASTA**  
EVANGELISTS  
*made in London*



**ROAST CHICKEN TORTELLONI IN ROSEMARY  
BUTTER WITH CRISPY CHICKEN SKIN CRUMB &  
PARMIGIANO REGGIANO**

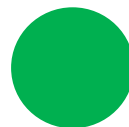


**PARMIGIANO  
REGGIANO**

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







Match with green stickered pasta,  
sauce and garnish

## ABOUT THIS DISH

Ah... if there is one thing that best encapsulates English (or, to be inclusive, British) cuisine, it must surely be a Sunday roast, at which a whole chicken, slow-roasted and served with roast potatoes, Yorkshire puddings, lashings of gravy (and much more), is served on Sundays across the country.

And so, although, an affront to Italian tradition – in which an unspoken rule prohibits pairing poultry and pasta – we have this week decided to indulge a very English whim. And as we promise – promise – it won't happen again, we enjoy you to partake in this ephemeral epicurean experience without delay...

This week, we've filled our fresh, hand-crafted *tortelloni* with chicken, allowing you to evoke a distinctly Anglo-Italian moment in the comfort of your own home. We've also infused burro with fresh rosemary, the herb most-used when preparing a proper roast chicken, which we invite you to anoint the *tortelloni* with. Best of all? A crispy chicken skin crumb, completing this beautiful festival of English flavour. A sprinkling is all you need – but this dish was never about need. And so we encourage you to liberally, care-freely lather your *tortelloni* with this richly flavoursome crumb. A smattering of Parmigiano brings equilibrium to this limited edition dish from our Anglo-Italian repertoire. We hope you'll find it as utterly delicious as we do.

*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 butter. 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' (check a piece before removing from the pan).
3. Whilst the *tortelloni* cook, put the butter in a pan, cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Once cooked, lift the *tortelloni* out of the water and transfer to the butter. Toss gently to coat.
5. Finally, sprinkle with the chicken skin crumb and *Parmigiano Reggiano*. *Buon appetito.*

## INGREDIENTS

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

Item	Weight	Calories	Ingredients
Chicken Tortelloni	200g	275kCal (per 100g)	Pasta (56%): <u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Water, Salt Filling (46%): Chicken (86%), Tomato, Onion, Red Pepper, Olive Oil, Sweet corn (Sweet corn, Water, Salt), Salt, Parsley, Garlic
Rosemary Butter	25g	150kCal (per portion)	Butter ( <u>Milk</u> ), Rosemary Leaves, Salt, Black Pepper
Chicken Skin Crumb	25g	150kCal (per portion)	Breadcrumbs ( <u>Wheat</u> ), Olive Oil, Chicken Skin, Salt, Black Pepper
Parmigiano Reggiano	8g	28kCal (per portion)	<u>Milk</u> , Salt, Rennet

Consume within 1 day of delivery.

**FREEZING:** Both the *tortelloni* and the butter 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. The butter should 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.*



**PASTA**  
**EVANGELISTS**  
*made in London*



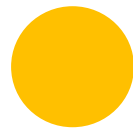
## GIANT CONCHIGLIONI WITH A BEEF & CHIANTI RAGÙ & PARMIGIANO REGGIANO



**PARMIGIANO  
REGGIANO**

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





Match with orange 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.

This week, we have selected an intense, firm and well-structured *Chianti* to add incredible depth and flavour to our meat *ragù*. *Chianti* is as famous as any other wine region, with the possible exception of France's *Champagne*, though locals would argue it's far more picturesque, with rolling hills, lush forests, Renaissance villas, stone castles and rural *pievi* (small churches). Green and fertile, it's also home to a lot of fruit produce and wildlife as well as its celebrated vineyards. Appropriately, then, the wines pack plenty of ripe, juicy, fruity flavour, a perfect match for a meaty beef *ragù*. *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 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**):

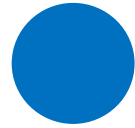
Item	Weight	Calories	Ingredients
Conchiglioni	165g	284kCal (per 100g)	<u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Water, Salt
Beef Chianti Ragù	160g	153kCal (per 100g)	Beef Shin (38%), Onion, Chianti Wine ( <u>Sulphites</u> ) (13%), Beef Stock, Onion, Carrot, <u>Celery</u> , Tomato Puree, Garlic, Olive Oil, Salt, Black Pepper, Bay Leaf
Parmigiano Reggiano	8g	28kCal (per portion)	<u>Milk</u> , Salt, Rennet

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 molluscs, milk, mustard, nuts, gluten, fish, crustaceans, and therefore may contain traces of these.*



**PASTA**  
EVANGELISTS  
*made in London*



**PRAWN GIRASOLI WITH LEMON & GARLIC  
BUTTER, FRESH SAMPHIRE & LEMON ZEST  
PANGRATTATO**



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







Match with blue stickered pasta,  
sauce and garnish

## ABOUT THIS DISH

Prawns and seafood have been a part of Italian culture since Ancient Rome. Aquaculture, or seafood farming, was very sophisticated back then, even by today's modern standards. Aquaculture is still very prevalent in modern day Italy, with Sicily at the forefront of Italian seafood production. Prawns are native to the Mediterranean Sea, making them accessible for fishermen in Sicily.

Our handmade *girasoli* are generously filled with pieces of prawn and crayfish that have been cooked with *robiola* and *ricotta* cheeses, as well as white wine. Since the flavours in the filling are delicate, we pair our *girasoli* with a beautiful lemon & garlic butter, creating a light, creamy sauce that serves to enhance the seaside flavours of this show-stopping filled pasta dish. Imparting a final whisper of Italian coastline, beautiful fresh samphire – known poetically in Italian as '*asparagi di mare*' (sea asparagus) – completes the dish.

## 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 boil.
2. Cook the *girasoli* in the boiling water for 3-4 minutes until 'al dente' (test the edge of one of the *girasoli* before removing them from the water).
3. Put the lemon & garlic butter in a pan, cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Once cooked, lift the *girasoli* out of the water, and transfer to the butter. Toss gently to coat.
5. Finally, sprinkle the *girasoli* with the samphire and scatter over the lemon *pangrattato*. *Buon appetito*.

## INGREDIENTS

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

Item	Weight	Calories	Ingredients
Prawn and Crayfish Girasoli	250g	246kCal (per 100g)	Pasta (50%): <u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt, Water Filling (50%): Prawns ( <u>Crustaceans</u> ) (32%), Crayfish ( <u>Crustaceans</u> ) (32%), Ricotta Cheese ( <u>Milk</u> ), Robiola Cheese ( <u>Milk</u> ), Butter ( <u>Milk</u> ), Olive Oil, White Wine, Parsley, Garlic, Chilly, Black Pepper
Lemon & Garlic Butter	25g	150kCal (per portion)	Butter ( <u>Milk</u> ), Garlic, Lemon Zest, Salt, Black Pepper
Lemon Pangrattato	8g	29kCal (per portion)	Breadcrumbs ( <u>Wheat</u> ), Olive Oil, Lemon Zest, Salt, Black Pepper
Samphire	9g	12kCal (per portion)	Samphire

Consume within 1 day of delivery.

**FREEZING:** Both the *girasoli* and the 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 must 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 molluscs, milk, mustard, nuts, gluten, fish, crustaceans, and therefore may contain traces of these.*



**PASTA**  
**EVANGELISTS**  
*made in London*



## BLACK TRUFFLE & BURRATA RAVIOLONI WITH TRUFFLE BUTTER & TOASTED HAZELNUTS



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





Match with pink stickered pasta,  
sauce and garnish

## ABOUT THIS DISH

*Ravioli* have been a staple in Italian cuisine since the 14<sup>th</sup> century. The first mention of the word appears in the writings of Francesco di Marco, an Italian merchant born in the Tuscan city of Prato, and dates back to around 1380. *Ravioli* come from all over Italy, with each location having its own unique take on the filling.

This particular version holds a well-deserved status as one of the classic indulgent tastes of Italy, with each *raviolo* (the unusually unfamiliar sounding singular of *ravioli*) filled with black truffles grown in *Norcia*, an area of south east *Umbria*, where they are known locally as *trifolati* and prized for their incredible aroma. So as not to compromise the truffles' elegance with an inferior accompaniment, we combine the beautiful black truffles with *burrata*, the jewel in the crown of Italian cheeses. Highly regarded for its soft-centred creaminess and fresh, delicate taste, it marries beautifully with our decadent truffle filling. We serve with truffle butter and hazelnuts.

As a gesture of goodwill, we've selected the more generous and heartier version of ravioli, hence the '*oni*' at the end – this Italian suffix enlarges any word it attaches itself onto, denoting a bigger, and in our eyes, better version.

## 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 truffle 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 *ravioloni* with the boiling water for 3-4 minutes until 'al-dente' (test a corner before removing from the water).
3. Whilst the pasta cooks, put the truffle butter in a pan. Cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Once cooked, lift the *ravioloni* out of the water and transfer to the butter. Toss gently to coat.
5. Finally, sprinkled with the hazelnuts. *Buon appetito.*

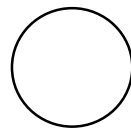
## INGREDIENTS

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

Item	Weight	Calories	Ingredients
Black Truffle & Burrata Ravioloni	250g	243kCal (per 100g)	Pasta (37%): <b><u>Wheat</u></b> Flour, <b><u>Egg</u></b> , Durum <b><u>Wheat</u></b> Flour, Salt, Water Filling (63%): Burrata Cheese (55%) ( <b><u>Milk</u></b> , Cream ( <b><u>Milk</u></b> ), Salt, Rennet, Acidity Regulatory: Lactic Acid), Ricotta Cheese ( <b><u>Milk</u></b> , Black Truffle Cream (7%), (Black Truffle-Tuber Aestivum, Truffle Juice, Salt, Natural Truffle Flavouring)
Truffle Butter	25g	86kCal (per portion)	Butter ( <b><u>Milk</u></b> ), Black Truffle, Salt, Black Pepper
Toasted Hazelnuts	8g	23kCal (per portion)	Hazelnuts ( <b><u>Nuts</u></b> )

Consume within 1 day of delivery.

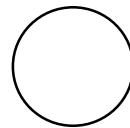
**FREEZING:** Both the *ravioloni* and the truffle butter can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The pasta should be cooked directly from frozen. The butter needs to be defrosted overnight in the fridge before cooking. From frozen, the pasta needs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



## SPICY SEDANINI PASTA ALL'ARRABBIATA WITH VEGETARIAN ITALIAN CHEESE (Ve.)







Match with white stickered pasta,  
sauce and garnish

## ABOUT THIS DISH

It is said that, many centuries ago, as they grew popular in Northern Italy outside of their native Napoly, *Sedani* pasta became shorter and shorter; so much so they eventually became known as *Sedanini*. The diminutive 'ini' refers to the small size of this pasta. Sedanini, not too dissimilar to macaroni, are characterised by their traditional scoring that holds all the flavours, even the most unperceivable ones, enhancing the qualities of all sauces. The name itself derives from *sedano*, meaning celery; for they can be said to resemble small celery sticks. Luckily, however, the resemblance is only just that. We've paired our Sedanini with a fiery *arrabbiata*, whose very name refers to the 'angry' heat of the chilli-laced tomato sauce. The inclusion of beautiful, fiery Italian chilli flakes in the *arrabbiata* sauce distinguishes it from the other classic tomato sauces in the Italian repertoire. Indeed, verandas of homes across the Italian south are adorned with beautiful hanging chillies so that, when the need for heat presents itself, an *arrabbiata* sauce can be conjured up at short notice. And whilst the chilli flakes are important – particularly for those who love spice – so too is the generous quotient of garlic, adding an aromatic and gutsy vibrance to this traditional sauce from *Lazio*.

## METHOD

1. Bring a large saucepan of salted water to the boil.
2. Cook the *sedanini* in the boiling water for 3-4 minutes until 'al dente' (check one before removing from the pan).
3. Whilst the pasta cooks, put *arrabbiata* sauce in a pan. Add 1 tbsp (15-20ml) of the boiling cooking water to the sauce and heat until steaming. Once steaming, turn off the heat.
4. Lift the *sedanini* out of the water and transfer to the sauce. Toss gently to coat.
5. Finally, transfer to a plate and sprinkle with the vegetarian Italian cheese. *Buon appetito*.

## INGREDIENTS

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

Item	Weight	Calories	Ingredients
Sedanini	165g	184kCal (per 100g)	<u>Wheat</u> Flour, <b>Egg</b> , Durum <u>Wheat</u> Flour, Salt, Water
Arrabbiata Sauce	125g	155kCal (per 100g)	Tomato, Shallot, Fresh Mixed Chillies, Garlic, Extra Virgin Olive Oil, Basil, Parsley, Salt, Pepper
Vegetarian Italian Cheese	8g	34kCal (per portion)	<u>Milk</u> Salt, Vegetarian Rennet, <b>Egg</b> Lysozyme

Consume within 2 days of delivery.

**FREEZING:** Both the *sedanini* pasta and *arrabbiata* sauce 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 *arrabbiata* sauce needs to 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.



## TAGLIATELLE WITH PESTO ALLA GENOVESE, PINE NUTS & PARMIGIANO REGGIANO



**PARMIGIANO  
REGGIANO**

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





Match with purple stickered pasta,  
sauce and garnish

## ABOUT THIS DISH

*Tagliatelle* falls into the family of what is known as 'cutters' (in Italian, '*Tagliare*', means 'to cut' or 'slice') which is a group of pasta that are long and ribbon-like. Other members of the 'cutters' family include *tagliolini*, *tajarin*, *pappardelle*, *trenette* and *fettuccine*. *Tagliatelle* hails from the *Emilia-Romagna* and *Marche* regions of Italy, where it has been loved for generations. Legend states that *tagliatelle* was invented on the night of Annibale II Bentivoglio's wedding to Lucrezia from the house of Este in 1487, by Lucrezia's talented chef, after seeing her ribbon-like hairstyle. However, there is much speculation as to if this was actually true or a joke made up by humourist Augusto Majani in 1931.

One thing is absolutely certain, however. *Bologna* takes so much pride in their beloved *tagliatelle* that they have a solid gold instrument, demonstrating the correct dimensions of a piece of *tagliatelle* in their Chamber of Commerce (1 mm x 6 mm, for anyone curious). While we cannot guarantee our *tagliatelle* correspond exactly to these dimensions, we can guarantee that they are a perfect complement for our pesto. Traditionally ground in a pestle and mortar, – 'pesto' in Italian means 'crushed' or 'ground' – this savoury delight originates from the Italian city of *Genoa*, capital of the region of *Liguria* and none other than the home region of our founder. A scattering of *pinoli* (pine nuts) is all that's required to complete this beautiful dish, bringing you a taste of Northern Italy.

*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 *tagliatelle* in the boiling water for 3-4 minutes until 'al dente' (test a strand before removing from water). Stir often to avoid the strands clumping together.
3. Whilst the pasta cooks, put the *pesto alla genovese* in a bowl and add 1-2 tbsp (15-20ml) of the boiling cooking water to loosen it up.
4. Once cooked, transfer the *tagliatelle* to the pesto. Toss gently to coat.
5. Finally, sprinkle with the pine nuts and *Parmigiano Reggiano*. *Buon appetito*.

## INGREDIENTS

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

Item	Weight	Calories	Ingredients
Tagliatelle	165g	184kCal (per 100g)	<b><u>Wheat</u></b> Flour, Egg, Durum <b><u>Wheat</u></b> Flour, Water
Basil Pesto	70g	350kCal (per 100g)	Basil, Green Beans, Potatoes, Parmigiano Reggiano ( <b><u>Milk</u></b> Salt, Rennet), Olive Oil, Pine Kernels, Salt
Pine Nuts	8g	65kCal (per portion)	Pine Kernels
Parmigiano Reggiano	8g	28kCal (per portion)	<b><u>Milk</u></b> Salt, Rennet

Consume within 2 days of delivery.

**FREEZING:** Both the *tagliatelle* and the 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. 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

Pre-order at [pastaevangelists.com](http://pastaevangelists.com) now.

## MEATY PASTA



Tagliatelle 'Paglia & Fieno'  
with Beef Shin Ragù &  
Parmigiano Reggiano



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



Lamb & Rosemary Lasagne with  
Slow-Cooked Ragù and  
Parmigiano Reggiano Crust



Artisan Conchiglioni with a  
Sausage & Aubergine Ragù  
& Parmigiano Reggiano

## MEAT FREE PASTA



Strozzapreti with Pistachio  
Pesto, Pistachio Crumb &  
Parmigiano Reggiano



Gourmet Mac & Cheese with  
Black Truffle & Pangrattato  
Crumbs

## SEAFOOD PASTA



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

## VEGAN PASTA



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