

This menu is made from 100% recyclable materials





PASTA
EVANGELISTS



THIS WEEK'S MENU

FROM 2ND - 8TH NOVEMBER

SHARE YOUR PASTA CREATIONS WITH   #PASTAEVANGELISTS

**New to
Pasta Evangelists?**
Look out for the lettered
stickers on the items
we've sent you. Match
items of the same letter to
create each dish.



WONKY PUMPKIN WEEK

This Halloween, we have teamed up with wonky veg supplier Waste Knot to launch our first range of “wonky” pasta dishes made from pumpkin flesh that would otherwise go to waste.

Our special dishes have been created in aid of leading food waste charity FareShare, with £1 from each “wonky” dish sold being donated to support the charity’s vital dual mission to tackle food waste and fight hunger. Keep an eye on our socials for ideas for transforming your Halloween pumpkin into an Italian feast instead of sending it to landfill!

This Week's Menu

- A** - Sea Bass "Sunflower Ravioli" with a Sage Butter Sauce & Samphire
- B** - Linguine with a Crab & Tomato Sauce and Parsley Pangrattato
- C** - Martina's Sardinian Lamb Ragù with Fresh Paccheri Pasta
- D** - Tagliatelle with Beef Ragù alla Bolognese
- E** - Venetian Duck Ragù with Pappardelle
- F** - 'Nduja Sausage & Burrata Tortelloni with a Sage Butter Sauce
- G** - Sicily's Famous Fennel Sausage Sauce with Rigatoni
- H** - Rigatoni alla Norma with Ricotta Salata Cheese
- I** - Trofie with Walnut Pesto from the Italian Rivier
- J** - Spaghetti with Pumpkin Seed Pesto
- K** - "Wonky" Pumpkin & Black Truffle Triangoli with Truffle Butter & Hazelnuts
- L** - Orecchiette with Sicily's Pistachio Pesto
- M** - "Wonky" Pumpkin & Sage Ravioli with Wild Rocket Sauce
- N** - Gnocchi with Black Truffle Butter Sauce
- O** - Spaghetti alla Carbonara with Crispy Pancetta



Look out for bespoke wine pairing recommendations with each dish, specially curated by our partners at Laithwaite's Wine. Pasta Evangelists customers enjoy 15% off + free delivery on orders of £25 or more at <https://www.laithwaites.co.uk>.

Use code: **PASTAEV15** at the checkout. *Salute!*

Valid until 30/11/2020. Voucher can be redeemed once, is non-transferable and cannot be used in conjunction with another offer. New customers only. £25 min spend. Must be 18 or over. For full terms please visit: [laithwaites.co.uk/terms](https://www.laithwaites.co.uk/terms).

Keep chilled at 5°C or below and consume on day of delivery or on the day after delivery.

Alternatively, FREEZE as follows: Pasta, lasagne and sauces can be frozen (below -18 °C) on day of delivery and be kept for up to 1 month in the freezer. Pasta should be cooked directly from frozen. When cooking from frozen, cook the pasta for an additional minute. Sauces and oven pasta dishes need to be defrosted overnight before cooking. Double portions are twice as large. This food has been prepared in a kitchen that also prepares gluten, peanuts, nuts, sesame, crustaceans, fish, egg, milk, soya, celery, mustard, lupin, sulphites, and therefore may contain traces of these.

Please note: our photography is for illustrative purposes only & may not necessarily reflect the finished dish.

Match all
items with the
sticker marked:

Amalfi



Laithwaite's
..... WINE

suggests:

A bright, dry rosé pairs well with this sea bass pasta. Citrus, berry and herb notes complement the filling and sage butter sauce, whilst acidity helps to cut through their richness.

Provence
Rosé

SEA BASS “SUNFLOWER RAVIOLI” WITH A SAGE BUTTER SAUCE & SAMPHIRE

ABOUT THE DISH

Given Italy's abundance of coastline, it comes as no surprise that fish and seafood are a prominent fixture in the national cuisine. Take Liguria, for instance: stop by any quaint restaurant in any coastal region - be it the family-run eateries in the pastel-hued Camogli, or the fashionable haunts situated on Portofino's yacht-lined marinas - and you'll find that pesce ('fish' in the native tongue) dominate the menu. In fact, chefs of the Italian Riviera are so captivated by their catch that fish in Liguria is often served in the simplest of means.

The region's most popular fish dish sees freshly-caught sea bass served whole and dressed in Liguria's famed olive oil and Taggiasche olives. A scattering of tomatoes and salt, and that's it. But locals and visitors alike are enthralled by this dish. Capturing the essence of Italian cuisine, in its unpretentious preparation of fresh, high-quality ingredients, this dish is as quintessentially Ligurian as pesto alla Genovese or focaccia. We honour the pescato del giorno (meaning 'catch of the day') with our sweet and delicate sea bass ravioli. To complement the flavour of the fish, we dress the ravioli in a simple, but beautiful, butter infused with sage (a fabulous pairing for pesce). To finish, we garnish with a little asparagi di mare (the Italians adorably, and fittingly, refer to samphire as 'asparagus of the sea'), adding a final whisper of the Italian riviera at its most divine.

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

METHOD

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

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for around 3 minutes.
3. Whilst the pasta cooks, put the butter and samphire in a pan, cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Lift the pasta out of the water and transfer to the butter & samphire. Toss gently to coat.
5. Finally, plate and enjoy. Buon appetito.

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

Sea Bass Ravioli (200g):

Pasta (**WHEAT** Flour, **WHEAT** Semolina, Pasteurised **EGG** (24%)), Filling (Seabass (**FISH**) (34%), Potato Flakes, Butter (**MILK**), Shallots, Garlic, White Wine (**SULPHITES**), Parsley, Salt, White Pepper

Sage Butter (20g):

Butter (**MILK**), Sage, Salt, Black Pepper

Samphire (9g):

Fresh Samphire

NUTRITION per 100g

CALORIES PER SERVING: 797kcal

Energy	1421kJ
Calories	341kcal
Fat	19.5g
Of which saturates	7.7g
Carbohydrates	24.0g
Of which sugars	0.8g
Protein	17.0g
Salt	0.9g

LINGUINE WITH A CRAB & TOMATO SAUCE AND PARSLEY PANGRATTATO

ABOUT THE DISH

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

In this dish, we've looked to this wonderfully idyllic scene of the Italian coast for inspiration, choosing fresh linguine, a pasta shape literally translated as 'little tongues' and known as spaghetti's flatter sibling, as the pasta pairing for this week's seafood show-stopper. Tossed together with this week's fresh linguine is a succulent seafood sauce, made from a base of fresh crab, blushing plump tomatoes and a selection of aromatic herbs. To complete this classic yet flavour-packed dish, we top with a parsley pangrattato. Buon appetito from the seaside.

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

METHOD

Note: Before transferring to the pan, untangle any strands of pasta that might be stuck together.

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for 2-3 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a large pan and add 1tbsp (15ml) of the boiling cooking water. Gently heat until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Finally, plate and sprinkle with the pangrattato. Buon appetito.

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

Linguine (165g):

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

Crab Sauce (125g):

Peeled Tomatoes, White Crab 18% (**CRUSTACEANS**), Extra Virgin Olive Oil, Tomato Paste, Salt, Anchovies (**FISH**), Garlic, Sugar, Parsley, Chilli Flakes, Natural Flavour

Parsley Pangrattato (8g):

Pangrattato (Breadcrumbs (**WHEAT**), Olive Oil, Salt, Black Pepper), Parsley

NUTRITION

per 100g

CALORIES PER SERVING: 627kcal

Energy	881kJ
Calories	210kcal
Fat	3.4g
Of which saturates	0.7g
Carbohydrates	33.7g
Of which sugars	5.9g
Protein	10.2g
Salt	1.3g

Match all
items with the
sticker marked:

Bologna



Laithwaite's
WINE

suggests:

A slightly off-dry Riesling will
complement this crab sauce.

Riesling is characteristically quite
acidic, which will cut through the
richness of the tomatoes.

Riesling

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Match all
items with the
sticker marked:

Capri



Laithwaite
..... WINE

suggests:

Pinot Noir and lamb are a classic combination. Pinot Noir's bright, fruity notes pair well with lamb's rich, sweet flavour. The mint also won't be overpowered a Pinot Noir.

Pinot Noir

MARTINA'S SARDINIAN LAMB RAGÙ WITH FRESH PACCHERI PASTA

ABOUT THE DISH

On the beautiful island of Sardinia, locals often regale visitors with the quip - in the vernacular - "ci funti prusu brebeis de genti", or "there are more sheep than people here". Indeed, Sardinia's 3 million sheep dwarf its human population of 1.6 million. This is unsurprising, for Sardinia is renowned throughout the gastronomic world for the production of its Pecorino Sardo, a cheese made from the milk of its special Sarda sheep.

But Sardinians, a resourceful people, also herd sheep throughout the island's mountainous interior, making Sardinia a centre for slow-cooked lamb ragù dishes. This is particularly the case in springtime, when the quality of lamb is known to be exceptionally high and the meat is at its most tender. The addition of fennel to lamb dishes is also common in some parts of Sardinia, where this herb - "finocchio" in Italian - grows freely through the island's countryside. This week, though, we've left it out as one of our chefs, Martina, hails from the island and, in her family's recipe, fennel is omitted (though plenty of other aromatics, including freshly-cut rosemary and thyme, provide beautiful fragrance).

Our ragù, inspired by Sardinia, is prepared using a prime cut of spring lamb shoulder, which, after hours of slow-cooking, falls apart. We serve with fresh paccheri pasta, whose rustic, cavernous interiors seem to evoke the mountainous landscape of Sardinia. Of course, as Martina hastens to point out, this pasta shape hails from the Italian mainland. Martina's nonna, and her nonna before her, served this pasta with ciccioneddus, a variant on malloreddus, Sardinia's most famous pasta shape.

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

METHOD

Note: Paccheri can take a little longer to cook. We like 4-6 minutes, but cook for longer if you prefer your pasta soft.

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for 4-6 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a large pan and add 1tbsp (15ml) of the boiling cooking water. Gently heat until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

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

Paccheri (165g):

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

Lamb Shoulder Ragù (160g):

Lamb Shoulder (33%), Tomato, Water, Onion, Carrot,

CELERY, Lamb Stock (contains **CELERY** seeds), Barolo Wine (**SULPHITES**), Extra Virgin Olive Oil, Mint, Salt, Garlic, Sugar, Rosemary, Bay Leaf, Thyme, Black Pepper

Vegetarian Italian Grated Cheese (8g):

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

NUTRITION

per 100g

CALORIES PER SERVING: 706kcal

Energy	886kJ
Calories	212kcal
Fat	7.1g
Of which saturates	2.6g
Carbohydrates	25.4g
Of which sugars	1.7g
Protein	11.1g
Salt	0.6g

TAGLIATELLE WITH BEEF RAGÙ ALLA BOLOGNESE

ABOUT THE DISH

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

Tagliatelle are a flat pasta, whose official width and thickness as stated by the Bolognese Chamber of Commerce are 6mm x 1mm. 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.

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

METHOD

Note: Before transferring to the pan, untangle any strands of pasta that might be stuck together.

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for 2-3 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a large pan and add 1tbsp (15ml) of the boiling cooking water. Gently heat until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

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

Tagliatelle (165g):

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

Bolognese Ragù (160g):

Tomato, Mince Beef (Origin: UK, 36%), Water, Onion, Carrot, **CELERY**, Red Wine (**SULPHITES**), Extra Virgin Olive Oil, Salt, Garlic, Sugar, Chicken Stock (Contains **CELERY** Seeds), Rosemary, Black Pepper


Vegetarian Italian Grated Cheese (8g):

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

NUTRITION per 100g

CALORIES PER SERVING: 705kcal

Energy	884kJ
Calories	212kcal
Fat	6.6g
Of which saturates	2.5g
Carbohydrates	25.7g
Of which sugars	2.0g
Protein	11.8g
Salt	0.6g



Match all
items with the
sticker marked:

Dante

Laithwaite's
..... WINE

suggests:

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

Barolo

  #PASTAEVANGELISTS

Match all
items with the
sticker marked:

Etna



Laithwaite's
..... WINE

suggests:

Di Prima Syrah

This gorgeous Sicilian Syrah comes from David di Prima, whose grandfather Gaspare planted the vines decades ago. The vineyards lie on high hills overlooking the Lago Arancio reservoir. Originally a river, it was dammed in the 1950s. On rare occasions, the water level drops to reveal the ruins of a Moorish temple. With deep colour, cherry, spice and chocolate character, this Syrah pairs beautifully with this meaty duck ragù.



VENETIAN DUCK RAGÙ WITH PAPPARDELLE

ABOUT THE DISH

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

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

Note: While we do our best to ensure any bones are removed prior to cooking, there may be some fragments present in the sauce. Store at 5°C or below. Consume or freeze on the day of delivery or the day after delivery.

METHOD

Note: Before transferring to the pan, untangle any strands of pasta that might be stuck together.

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for 2-3 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a large pan and add 1tbsp (15ml) of the boiling cooking water. Gently heat until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

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

Pappardelle (165g):

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

Duck Ragù (160g):

Tomato, Duck Leg (26%), **CELERY**, Carrots, Onion, Olives (3%),

White Wine (**SULPHITES**), Chicken Stock (contains **CELERY** seeds), Garlic, Sugar, Mint, Salt, Extra Virgin Olive Oil, Black Pepper, Bay Leaf

Vegetarian Italian Grated Cheese (8g):

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

NUTRITION per 100g

CALORIES PER SERVING: 642kcal	
Energy	806kJ
Calories	193kcal
Fat	4.6g
Of which saturates	1.5g
Carbohydrates	25.7g
Of which sugars	2.0g
Protein	11.5g
Salt	0.6g

'NDUJA SAUSAGE & BURRATA TORTELLONI WITH A SAGE BUTTER SAUCE

ABOUT THE DISH

Treat yourself to some of the finest flavours of the sun-drenched Italian South, with our 'nduja & burrata tortelloni. Dainty parcels of fresh pasta conceal a mouth-wateringly decadent filling that showcases some of lo stivale's best-loved exports. The characteristic, fiery richness of 'nduja sausage is suspended in creamy, fresh burrata - the jewel in the crown of Italian cheeses. Renowned for its buttery consistency and delicate flavour, burrata is crafted by artisan cheesemakers located in the stunning Apulia region of the South. Pronounced an-du-yah, the spicy and spreadable 'nduja hails from Calabria, likewise located in Southern Italy. This salume (cured meat) blends rich cuts of pork, such as the belly and shoulder, with sweet and spicy paprika and hot Calabrian peppers, boasting a unique flavour that pairs perfectly with delicate burrata, and shines in our tortelloni.

We anoint our 'nduja & burrata tortelloni with fragrant sage butter, lending an earthy aroma and enticing gloss to the dish. We finish our pasta, of course, with an obligatory sprinkling of Italian cheese – buon appetito!

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

METHOD

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

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for around 3 minutes.
3. Whilst the pasta cooks, put the butter in a pan, cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Lift the pasta out of the water and transfer to the butter. Toss gently to coat.
5. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

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


'Nduja & Burrata Tortelloni (200g):
Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour '00', **EGG**, Water),
Filling (Ricotta Cheese (**MILK**, Cream (**MILK**), Salt, Acidity Regulator, Lactic Acid), Burrata Cheese (**MILK**, Salt, Rennet), Nduja (Pork Fat, Pork, Calabrian Hot Pepper, Salt, Spices), Grana Padano (**MILK**, Salt, Rennet, **EGG** Lysozyme), Rice Flour

Sage Butter (20g):
Butter (**MILK**), Sage, Salt, Black Pepper

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

NUTRITION per 100g

CALORIES PER SERVING: 723kcal	
Energy	1321kJ
Calories	317kcal
Fat	19.3g
Of which saturates	10.5g
Carbohydrates	25.3g
Of which sugars	1.3g
Protein	11.6g
Salt	1.1g



Match all
items with the
sticker marked:

Firenze

Laithwaite's
..... WINE

suggests:

This full-bodied wine, with medium tannins that will match the spiciness of the 'nduja. It is also moderately acidic, which will help to cut through the richness of the filling.

Sangiovese

  #PASTAEVANGELISTS

Match all
items with the
sticker marked:

Genova



Laithwaite WINE

suggests:

The characteristic herbal, liquorice and dark red fruit notes of Barbera make it a natural pairing for this sauce. The medium tannins and high acidity will also complement the dish.

Barbera d'Alba

SICILY'S FAMOUS FENNEL SAUSAGE SAUCE WITH RIGATONI

ABOUT THE DISH

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

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

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

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

METHOD

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for 3 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a large pan and add 1tbsp (15ml) of the boiling cooking water. Gently heat until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

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

Rigatoni (165g):

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

Sausage and Fennel Sauce (160g):

Pork Sausage (Pork (Origin:UK), White Wine (**SULPHITES**), Garlic, Salt, Pepper), Cream (**MILK**), Onion, Fennel, Chicken Stock (contains **CELERY** seeds), White Wine (**SULPHITES**), Olive Oil, Garlic, Fennel Seeds, Fresh Chilli, Salt, Black Pepper

Vegetarian Italian Grated Cheese (8g):

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

NUTRITION per 100g

CALORIES PER SERVING: 869kcal

Energy	1087kJ
Calories	261kcal
Fat	12.0g
Of which saturates	4.6g
Carbohydrates	27.1g
Of which sugars	1.8g
Protein	10.5g
Salt	0.7g





PASTA CLUB

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Buon appetito!

Learn more at
pastaevangelists.com/pastaclub



RIGATONI ALLA NORMA WITH RICOTTA SALATA CHEESE



ABOUT THE DISH

"Rigatoni" comes from the Italian word "rigare", meaning to score lines or mark lines into something. Rigatoni are big tubes of pasta that are ridged on the outside and smooth within. This shape is traditionally associated with central and southern Italy, particularly Sicily, where serving norma sauce with rigatoni is a veritable tradition.

Indeed, Rigatoni alla Norma is named after the opera "Norma" from the composer Vincenzo Bellini, who was born in 19th century Catania, Sicily's second-largest city. Our Norma sauce is made from aubergines grown in the outskirts of this sun-drenched island city. Tomatoes are just as important to the success of a Norma sauce - here, we use the plump and blushing San Marzano variety, whose thick flesh and sweet taste evoke the best of Italy in summer. A final scattering of Ricotta salata - a firm, salty cheese - completes this typical Sicilian dish. And we have to tell you, it really is sublime.

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

METHOD

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for 3 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the sauce in a large pan and add 1tbsp (15ml) of the boiling cooking water. Gently heat until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Finally, plate and sprinkle with the cheese. Buon appetito.

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

Rigatoni (165g):

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

Norma Sauce (160g):

Tomatoes (54%), Aubergine (23%), Onion, Carrot, Extra Virgin Olive Oil, Basil, Salt, Sugar, Garlic, Oregano

Ricotta Salata Cheese (8g):

Sheep **MILK** Whey, Salt, Citric Acid E330

NUTRITION per 100g

CALORIES PER SERVING: 516kcal

Energy	650kJ
Calories	155kcal
Fat	2.6g
Of which saturates	0.7g
Carbohydrates	25.7g
Of which sugars	2.0g
Protein	6.7g
Salt	0.5g

Match all
items with the
sticker marked:

Hurra

Laithwaite's
..... WINE

suggests:

Nelson Bay Pinot Noir

This New Zealand Pinot Noir is from an estate founded in the 1970s by Hermann Seifried, and today run by son Chris and daughter Heidi. Brimming with ripe berry, plum and chocolate character, Nelson Bay is a masterclass in smooth, supple, understated brilliance. The silky texture unfurls seductively in your mouth, revealing layers of berry fruit, leafy notes and spice, which pair beautifully with our rigatoni alla norma.



Match all
items with the
sticker marked:

Imola



Laithwaite
..... WINE

suggests:

Walnuts pair well with Pinot Noir so this is a natural choice. Pinot Noir's characteristic fruitiness and bright acidity will match the earthiness of walnuts and cut through the richness.

Pinot Noir

TROFIE WITH WALNUT PESTO FROM THE ITALIAN RIVIERA



ABOUT THE DISH

This is a classic dish from Genova that is very rarely available in other parts of Italy, let alone outside of 'lo stivale' (meaning 'the boot'; i.e. Italy). Some people from outside of "Zena" (Genova in the Genovese dialect) call this sauce pesto di noci, which, for a born and bred Genovese like our founder Alessandro, is wrong. It is, more properly, salsa di noci (or sarsa de noxi in local Genovese). Our salsa di noci is made with beautiful Sorrento walnuts sourced from Campania. It's a simple but incredibly elegant sauce, highlighting the subtle flavour of the walnuts by quietly featuring fresh oregano, garlic and a drop of milk - which gives salsa di noci its remarkable velvety texture. Belin! (You may need to Google this - it's another local Genovese term...)

We serve our salsa di noci with trofie, a pasta shape hailing from Golfo Paradiso (Gulf of Paradise) in the Liguria region, which is close to Genova on the Western coast of Italy. However, despite being so close in proximity, trofie were not commonly found in Genova until the mid-20th century. The word trofie comes from the Ligurian word 'strufuggià', meaning 'to rub', which is a reference to how the dough is prepared. Trofie get their unique twisted shape by rolling and rubbing on a wooden board.

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

METHOD

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for 3 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the pesto in a large bowl. Add 1-2 tbsp (15-30ml) of the boiling cooking water to the pesto and mix together..
4. Once cooked, transfer the pasta to the pesto. Toss gently to coat.
5. Finally, plate and sprinkle with the Italian cheese and crumb. Buon appetito.

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

Trofie Pasta (165g):

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

Walnut Pesto (70g):

Walnuts (**NUTS**) (31%), **MILK**, Extra Virgin Olive Oil, Vegetarian Grated Cheese (**MILK**, Salt, Vegetarian Rennet, **EGG** Lysozyme), Pine Kernels, White Bread (**WHEAT** Flour, Water, Salt, Yeast), Salt, Garlic, Marjoram

Walnut Crumb (4g):

Crushed Walnuts (**NUTS**)

Vegetarian Italian Grated Cheese (8g):

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

NUTRITION

per 100g

CALORIES PER SERVING: 823kcal

Energy	1364kJ
Calories	328kcal
Fat	15.9g
Of which saturates	2.8g
Carbohydrates	35.1g
Of which sugars	1.6g
Protein	10.6g
Salt	0.1g



SPAGHETTI WITH PUMPKIN SEED PESTO

ABOUT THE DISH

At a time of the year when the flesh of the pumpkin is celebrated – from pumpkin soup to pumpkin spiced lattes – we decided to focus on seeds of this special squash in this dish. Equally as delicious as the flesh, but with a bit more crunch, pumpkin seeds form the perfect base for a pesto, which can occasionally be found in the northern Italian regions where zucca, or pumpkin, is a speciality.

The word pesto comes from the Italian verb 'pestare' (meaning 'to crush'). In this pesto, pumpkin seeds replace the traditional pine nuts and we forgo traditional basil in favour of fresh parsley and sage for a vibrant and beautifully green pesto. Salvia, or sage, is also a fantastic pairing for pumpkin in all its permutations, and is typically served alongside pumpkin in pasta ripiena, or filled pasta.

In any case, we pair this week's limited edition pesto with our freshly cut strands of spaghetti. The pairing works especially well here, as the creamy consistency of the pumpkin seed pesto allows it to happily coat every last spaghetti strand. Complete the dish with a sprinkling of formaggio and celebrate seasonal autumnal produce at its best.

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

METHOD

Note: Before transferring to the pan, untangle any strands of pasta that might be stuck together.

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for 2-3 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the pesto in a large bowl. Add 1-2 tbsp (15-30ml) of the boiling cooking water to the pesto and mix together.
4. Once cooked, transfer the pasta to the pesto. Toss gently to coat.
5. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

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

Spaghetti (165g):

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

Pumpkin Seed Pesto (70g):

Olive Oil, Pumpkin Seeds, Grana Padano Cheese (**MILK**), Parsley, Garlic, Sage, Salt, Black Pepper, Lemon Peel

Vegetarian Italian Grated Cheese (8g):

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

NUTRITION per 100g

CALORIES PER SERVING: 973kcal

Energy	1664kJ
Calories	400kcal
Fat	23.0g
Of which saturates	4.8g
Carbohydrates	34.5g
Of which sugars	1.0g
Protein	13.3g
Salt	0.7g

Match all
items with the
sticker marked:

Julius



Laithwaite's
..... WINE


suggests:

This bright dish will pair well with a young Sauvignon Blanc with bold acidity and citrus and floral notes.

The strong flavours in this pesto require a flavourful wine to match.

Sauvignon Blanc

  #PASTAEVANGELISTS



Match all
items with the
sticker marked:

Kilo

Laithwaite's
WINE

suggests:

Le Champ des Etoiles Chardonnay

This crisp Chardonnay is made in classic Mâcon Villages style, yet the fruit comes from ocean cooled Languedoc vineyards. Deliciously creamy, it offers stone fruit with elegant minerality. Sea breezes keep temperatures cooler in his vineyards, leading to a pleasing minerality. The wine is aged on its lees in old barrels, creating a creamy rounded texture. Gently chill and enjoy with these pumpkin filled triangioli.



“WONKY” PUMPKIN & BLACK TRUFFLE TRIANGOLI WITH TRUFFLE BUTTER SAUCE & HAZELNUTS

ABOUT THE DISH

Did you know that around 8m pumpkins are destined for landfill in the UK after Halloween each year? That's why, this week, we're delighted to be supporting leading food waste charity FareShare by creating our very first series of "wonky" pasta dishes, made from pumpkin flesh that would otherwise be wasted. £1 from each dish will be donated to FareShare (registered charity number 1100051). For choosing this dish, we thank you for taking part in the #PumpkinRescue rally!

Pasta ripiena (filled pasta) with pumpkin is a specialty of the regions surrounding the river Po, including Emilia-Romagna and Lombardia. The exact origin of pumpkin filled pasta is hotly debated, as both Mantova and Ferrara have early records of this dish, and therefore both take credit. In any case, in homage to these gastronomic - and pumpkin - centres of Northern Italy, this week we've filled our fresh triangoli (triangular shaped ravioli) with a sweet, orange-hued pumpkin filling.

This week, we combine our "wonky" pumpkin with truffle. The earthiness of the truffle pairs beautifully with the sweetness of the pumpkin, creating a truly divine combo. We finish our triangoli simply with truffle butter and hazelnut crumb. This dish will make you want to visit Italy to go truffle-hunting in the countryside!

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

METHOD

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

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for around 3 minutes.
3. Whilst the pasta cooks, put the butter in a pan, cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Lift the pasta out of the water and transfer to the butter. Toss gently to coat.
5. Finally, plate and sprinkle with the hazelnut crumb. Buon appetito.

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

Pumpkin Triangoli (200g):

Pasta (Durum **WHEAT** Semola, Soft **WHEAT** Flour, Free Range Pasteurized **EGG** (18%), Rice Flour), Filling (Pumpkin 63%, Truffle Sauce 26% (Champignon Mushrooms, Extra Virgin Olive Oil, Olive Oil, Truffle Tuber Aestivum 7%, Black Olives, Herbs, Salt), Breadcrumbs (**WHEAT**), Natural Flavour, Salt)

Truffle Butter (20g):

Butter (**MILK**) (87%), Black Truffle (10%), Salt, Black Pepper

Hazelnut Crumb (8g):

Hazelnuts (**NUTS**)

NUTRITION per 100g

CALORIES PER SERVING: 579kcal	
Energy	1048kJ
Calories	251kcal
Fat	12.5g
Of which saturates	5.8g
Carbohydrates	4.0g
Of which sugars	1.3g
Protein	6.4g
Salt	0.4g



ORECCHIETTE WITH PISTACHIO PESTO

ABOUT THE DISH

Orecchiette, literally 'little ears' in Italian, are a perfect example of how amazing pasta can be! Using only flour and water, the little shell shapes have a firm bite, but a soft interior.

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 sauce. And this is certainly the case for our beautiful plant-based pesto, the orecchiette allowing flecks of deep green Bronte pistachio to nestle within.

Bronte pistachios are also known as "green gold" in their native Sicily, from where this sauce originates. The delicate nut is renowned throughout the gastronomic world for its rich, nutty flavour and green hue. Indeed, we hope you'll agree this innovative pesto - inspired by Sicily, but given a modern plant-based twist by leaving out the traditional formaggio - has the most beautiful colour.

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

METHOD

Note: Orecchiette can take a little longer to cook. We like around 5 minutes, but cook for longer if you prefer your pasta soft.

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for around 5 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the pesto in a large bowl. Add 1-2 tbsp (15-30ml) of the boiling cooking water to the sauce and mix together.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Finally, plate and sprinkle with the crumb. Buon appetito.

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

Orecchiette (165g):

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

Pistachio Pesto (70g):

Pistachio Nuts (**NUTS**) (29%), Extra Virgin Olive Oil, Vegan Cheese (Water, Starch, Modified Starch, Coconut Oil, Sea Salt, Rice Protein, Flavoursings, Olive Extract, Colour: B-Carotene, Vitamin B12), Garlic, Salt

Pistachio Crumb (4g):

Pistachio Nuts (**NUTS**)

NUTRITION

per 100g

CALORIES PER SERVING: 863kcal

Energy	1467kJ
Calories	355kcal
Fat	18.9g
Of which saturates	2.6g
Carbohydrates	35.9g
Of which sugars	1.7g
Protein	9.8g
Salt	0.3g

Match all
items with the
sticker marked:

Livorno



Laithwaite's
..... WINE


suggests:

The Hour-Teller Sauvignon Blanc



This delightfully refreshing white is from the ocean-cooled vineyards on the East Coast of New Zealand's North Island. It displays all the gooseberry, citrus and herbaceous flavours you'd expect of a top Sauvignon Blanc. This flavourful wine pairs perfectly with our pistachio pesto.

  #PASTAEVANGELISTS

A top-down view of a light-colored ceramic plate filled with several ravioli. The ravioli are covered in a vibrant green pesto sauce, which is also drizzled over the plate. A silver fork is placed on the right side of the plate. In the top left corner, there is a small, shallow bowl containing more of the green pesto sauce. A circular sticker with a red-to-white gradient is positioned over the top left of the plate, containing text and a brand name.

Match all
items with the
sticker marked:

Milano

Laithwaite's
..... WINE

suggests:

Bourgogne Blancs complements the sweet filling perfectly here. This wine has high acidity and a fruity palate, which pair well with the dish.

Bourgogne
Blanc

“WONKY” PUMPKIN & SAGE RAVIOLI WITH WILD ROCKET SAUCE



ABOUT THE DISH

Did you know that around 8m pumpkins are destined for landfill in the UK after Halloween each year? That's why, this week, we're delighted to be supporting leading food waste charity FareShare by creating our very first series of "wonky" pasta dishes, made from pumpkin flesh that would otherwise be wasted. £1 from each dish will be donated to FareShare (registered charity number 1100051). For choosing this dish, we thank you for taking part in the #PumpkinRescue rally!

Italians adore the delicate and sweet flesh of pumpkin in their pasta dishes. In fact, so amorous is il bel paese for a cube or two of zucca (pumpkin) that Italy, despite its relatively small size versus other global producers, is the 8th largest producer of pumpkins in the world. Pasta ripiena (filled pasta) with pumpkin is a specialty of the regions surrounding the river Po, including Emilia-Romagna and Lombardia. The exact origin of pumpkin ravioli is hotly debated, as both Mantova and Ferrara have early records of this dish, and therefore both take credit.

This week we've infused our beautifully orange and sweet-fleshed "wonky" pumpkin filling with fresh sage, which is a fantastic pairing for pumpkin, tempering its sweetness and adding savoury depth. Serve with our fresh and 100% plant-based herb sauce for an authentic, if modern, take on this speciality of Northern Italy.

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

METHOD

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

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for around 2-3 minutes.
3. Whilst the pasta cooks, put the sauce in a large bowl. Add 1tbsp (15ml) of the boiling cooking water to the sauce and mix together.
4. Lift the pasta out of the water and transfer to the sauce. Toss gently to coat.
5. Finally, plate and enjoy. Buon appetito.

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

Pumpkin & Sage Ravioli (200g):

Pasta (**WHEAT** Flour, Durum **WHEAT** Semola, Sunflower Oil, Sugar, Salt), Filling (Pumpkin (89%), Emulsifier (Potato Flakes, Starch, Rice Flour, Vegetable Fibre), Sage (0.9%), Salt, Black Pepper), Rice Flour

Wild Rocket Sauce (30g):

Wild Rocket, Extra Virgin Olive Oil, Walnuts (**NUTS**), Garlic, Salt

NUTRITION per 100g

CALORIES PER SERVING: 490kcal

Energy	888kJ
Calories	213kcal
Fat	8.3g
Of which saturates	1.1g
Carbohydrates	28.9g
Of which sugars	1.6g
Protein	4.8g
Salt	1.1g

GNOCCHI WITH TRUFFLE BUTTER



ABOUT THE DISH

The word gnocchi comes from the Italian nocchio, meaning 'knot in wood', and the same root for where Carlo Collodi got the name for his character Pinocchio, a puppet made from wood. Gnocchi have been a staple in Italy since Ancient Roman times, but have changed over time. Our potato gnocchi are made by hand using a traditional wooden roller, with the dough formed into little pieces & rolled on a special board to give them their unique shape.

We anoint our fresh gnocchi dumplings with burro di tartufo, or truffle butter. Made with shards of tartufo nero (black truffle) sourced in the Italian region of Umbria, the truffle butter melts down into a wonderfully fragrant sauce to dress the gnocchi. Aside from adding beautiful lustre, the butter sauce provides full on flavour. Whilst it isn't usually traditional to serve formaggio with truffle, we make an exception here to up the indulgence quotient. You might even choose to pair this comforting dish with a glass of bubbles, welcoming in the chilly winter evenings with glamour.

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

METHOD

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the gnocchi in the boiling water for 2 minutes. When they rise to the surface of the water, they're ready.
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 gnocchi out of the water and transfer to the butter. Toss gently to coat.
5. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

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

Gluten Free Gnocchi (200g):

Potato Flakes, Rice Flour, Water, Guar Gum, Salt

Truffle Butter (20g):

Butter (**MILK**) (87%), Black Truffle (10%), Salt, Black Pepper

Italian Grated Cheese (8g):

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

NUTRITION per 100g

CALORIES PER SERVING: 545kcal	
Energy	979kJ
Calories	234kcal
Fat	9.2g
Of which saturates	5.6g
Carbohydrates	32.8g
Of which sugars	1.7g
Protein	3.9g
Salt	1.1g

*Our gluten-free pasta is handled in an environment where products containing gluten are also handled. We have procedures in place to minimise the risk any cross-contact/contamination of all the allergens that are handled as part of our operation. However, we cannot guarantee that there will not be any traces present in your food.

Match all
items with the
sticker marked:

Napoli




Laithwaite's
..... WINE

suggests:

We recommend a bold white wine
to balance the richness, while still
standing up to the powerful truffle
flavour. An oaked Chardonnay
would be an excellent choice.

Chardonnay

  #PASTAEVANGELISTS



Match all
items with the
sticker marked:

Otranto

Laithwaite's
..... WINE

suggests:

Pair a crisp Pinot Grigio with our creamy carbonara. The bright acidity of this wine will cut through its richness whilst complementing the smokiness of the pancetta.

Pinot Grigio

SPAGHETTI ALLA CARBONARA WITH CRISPY PANCETTA



ABOUT THE DISH

Now very much a favourite amongst the Pasta Evangelists community – and somewhat of a signature dish – this hedonistic Roman classic is thought to have its name derived from when charcoal burners were used to cook the dish over campfires. For this gluten free dish, we honour tradition, pairing our gloriously creamy carbonara with tangles of fresh spaghetti – which sop up this luxuriant sauce.

That being said, we do enjoy the odd deviation from tradition when preparing our decadent carbonara; we use pancetta instead of guanciale in our sauce, because it imparts a deep, salty intensity that pairs with the richness of the egg yolk and cream. We finish our carbonara with freshly ground black pepper and generous shavings of Italian cheese. Be transported to the 'Eternal City' by this classic dish with a distinctively premium twist.

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

METHOD

Note: Before transferring to the pan, untangle any strands of pasta that might be stuck together.

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for 2 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, pan-fry the pancetta on a medium-high heat. Once crispy, turn the heat to low and let the pan rest for a minute before adding the sauce. Once added, cover with a lid and heat until steaming. When the sauce is steaming, turn off the heat.
4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
5. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

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

Gluten-Free Spaghetti (165g):

Flour Blend (White Rice, Brown Rice, Potato, Tapioca, Buckwheat, Maize, Quinoa), Xanthan Gum, Water, Olive Oil, Salt, Turmeric, Sunflower Lecythin

Carbonara (125g):

Cream (**MILK**), Italian Grated Cheese (**MILK**, Salt, Rennet), **EGG** Yolk (18%), Water, Black Pepper

Pancetta (35g):

Pork, Salt, Dextrose, Spices and Flavours, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium Nitrite

Italian Grated Cheese (8g):

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

NUTRITION

per 100g

CALORIES PER SERVING: 816kcal

Energy	1020kJ
Calories	245kcal
Fat	14.4g
Of which saturates	6.7g
Carbohydrates	13.9g
Of which sugars	1.6g
Protein	14.1g
Salt	1.2g

*Our gluten-free pasta is handled in an environment where products containing gluten are also handled. We have procedures in place to minimise the risk any cross-contact/contamination of all the allergens that are handled as part of our operation. However, we cannot guarantee that there will not be any traces present in your food.

THIS WEEK,
WE'VE PARTNERED WITH:



FareShare is the UK's largest food redistribution charity. Born out of the belief that no good food should go to waste, especially when people are going hungry, they take good quality surplus food from right across the food industry and get it to almost 11,000 frontline charities and community groups. Every week they provide enough food to create almost a million meals for vulnerable people. Registered charity number 1100051.