



New Year's Eve in Italy is a cause for much celebration. Beautiful firework displays light up skies across the country and families and friends come together to celebrate the year gone by and welcome in the year ahead. Whilst many regions have their own traditions, the ritual of eating lentils as part of the *cenone* (dinner) takes place across the nation. These unassuming pulses are a symbol of luck in Italia, said to resemble coins, and we honour this tradition with our slow-cooked lentil ragù, sure to bring you a year of good fortune...

### New Year's Week

- A Prawn & Prosecco Ravioli with a Lemon Butter Sauce
  - B Tagliatelle al Salmone
- C Lamb & Rosemary Lasagne with Slow-Cooked Ragù
- D Sicily's Famous Fennel Sausage Sauce with Rigatoni
  - E Pulled Pork & Cavolo Nero Ragù with Pappardelle
- F Beef Shin & Valpolicella Wine Tortelloni with a Sage Butter Sauce
  - G "Carbonara of Dreams" with Fresh Bucatini & Crispy Pancetta
    - H Wild Mushroom Lasagne
    - I Tagliatelle with an Amalfi Lemon Sauce
    - J Paccheri with a Datterini Tomato & Mascarpone Sauce
    - K Black Truffle & Pecorino Triangoli with Truffle Butter
      - L Malloreddus with Slow-Cooked Lentil Ragù
      - M Pumpkin & Sage Ravioli with Wild Rocket Sauce
        - N Gnocchi with Beef Shin & Barolo Wine Ragù
    - O Tagliatelle with Fresh Basil Leaf Pesto & Pine Nuts

R - Tiramisù









The festive season is all about sharing and with our Refer a Friend programme, spreading festive cheer is easier than ever! Visit **pastaevangelists.com/refer** to learn more about our reward scheme.

### 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 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.

### **NEW: TIRAMISÙ**

### ABOUT THE DISH

Since its coffee-centric inception, tiramisù has become a leitmotif of Northern Italian gastronomy, particularly in the domain of dolce, or desserts. Originating from Treviso, a city in the region of Veneto, the name is derived from the traditional dialect of Treviso where 'tireme su' means 'pick me up', and we can't help but agree that this tasty treat does exactly what it's name promises. First created as a nineteenth century aphrodisiac by the maîtresse of a pleasure house, tiramisù quickly became a popular dessert enjoyed by the social elite, despite its somewhat risqué origin story.

Combining creamy mascarpone cheese, an enriched coffee mixture and deliciously smooth dark chocolate, this decadent dolce is sure to make you feel merry on a cold winter evening. The rich Marsala wine which is infused throughout is a sweet, fortified variety which comes from Sicily but has been favoured by Venetian chefs in this special recipe for centuries. Be whisked away to the moonlit canals of Venice with our indulgent tiramisù.

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

### **METHOD**

1. Remove all packaging and serve. Buon appetito!



### INGREDIENTS (Allergens in **BOLD & CAPITALISED**) Tiramisù (100q):

Water, Skimmed MILK, Vegetable Fat (Coconut, Palm, Cocoa Butter), Coffee (10.6%), Sugar, Glucose-Fructose Syrup, Mascarpone Cheese (Cream (MILK), Lactic Acid), WHEAT Flour, EGG, Butter (MILK), Stabiliser Sorbitols, Glucose Syrup, Pasteurised MILK, Alcohol, Dextrose, Modified Starch, Cocoa, LACTOSE, Sodium Alginate, Pectins, Xanthan Gum, Locust Bean Gum, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Fatty Acids, Lecithins (of Sunflower) and Polyglycerol Esters of Fatty Acids, Starch, MILK Proteins, Natural Flavourings, Raising Agents (Diphosphates and Sodium Carbonates), Salt, Maltodextrins



NUTRITION	per	loog

CALORIES PER SERVING: 264kcal		
Energy	1098kJ	
Calories	264kcal	
Fat	17.5g	
Of which saturates	14.6g	
Carbohydrates	21.4g	
Of which sugars	16.0g	
Protein	2.5g	
Salt	0.07g	





# PRAWN & PROSECCO RAVIOLI WITH A LEMON BUTTER SAUCE

#### ABOUT THE DISH

Prosecco is native to Veneto and Friuli Venezia Giulia, in Italy's affluent north. The latter region is home to the wine's namesake hometown, 'Prosecco'. Here, the Glera grape variety is carefully cultivated in local vineyards. While prosecco's global adoration is a relatively new phenomenon, the Glera grape has been used to make wine since Roman times. Pliny the Elder was supposedly a fan of an early iteration of the sparkling wine, discussing the health-giving properties of its signature fizz. Though we must admit: in our experience the accuracy of the scholar's claim is dubious at best.

Purported medicinal properties aside, prosecco lends its pleasant, crisp flavour to our luxuriant ravioli, which sees the fizz paired with succulent gamberi (prawns) and creamy courgette, known as 'zucchine' in its native Italy. We elevate this flavoursome dish with a zesty lemon butter and fresh samphire, known poetically in Italian as "asparagi di mare" or asparagus of the sea. Best enjoyed with an additional glass of prosecco, allow this special dish to transport you to Italy, albeit vicariously, but by the most luxurious of means.

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: 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 water to the boil. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
- 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 and samphire. Toss gently to coat.
- 5. Finally, plate and serve. Buon appetito.

# ING REDIENTS (Allergens in BOLD & CAPITALISED) Prawn, Courgette & Prosecco "Sunflower" Ravioli (200g): Pasta (Durum WHEAT Semolina, WHEAT Flour "00", EGGS, Water), Filling (Cream (MILK), Courgettes (30%), Prawns (CRUSTACEAN) (16.6%), Onions, Potato Flakes, Unsalted Butter (MILK), Prosecco Wine (SULPHITES) (0.3%), Garlic, White Wine (SULPHITES), Salt, Parsley, White Pepper), Rice Flour

Lemon Butter (20g):
Butter (MILK), Lemon Zest, Salt, Black Pepper

Samphire (9g): Samphire

NUTRITION	per 100g
CALORIES PER S	SERVING: 698kcal
Energy	1291kJ
Calories	310kcal
Fat	23.3g
Of which saturates	13.9g
Carbohydrates	19.1g
Of which sugars	1.1g
Protein	5.9g
Salt	0.6g

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### TAGLIATELLE AL SALMONE

### ABOUT THE DISH

With such a long and diverse Mediterranean coastline, it's no surprise that seafood is so synonymous with Italian cuisine. However, whilst bowls of linguine, bursting with shellfish and wrapped in zingy sauces, might conjure up images from bygone summer days, this delicious creamy, salmon-flecked sauce will transport you to a beautiful winter seascape. Imagine a light, frosty mist carried in with the tide, bringing with it a chill in the air which makes your breath appear before you in wispy tendrils. There is the vague promise of snow which dresses the scene like a picture-book winter wonderland. At the centre of this vision is a plate of tagliatelle enfolded in our rich and delicious sauce, just inviting you to dig in.

This delectable combination of our smooth, creamy sauce, gently smoked salmon and fresh tagliatelle is a real winner. Whilst we cannot confirm whether these flat ribbons of pasta were in fact created in 1487 as an ode to Lucrezia Borgia or not (and many say they were), we can say with certainty that this combination of ingredients will transport you to a cozy kitchen in northern Italy at wintertime.

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 water to the boil. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
- 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 pan and add 1tbsp (15ml) of the boiling pasta cooking water. Take care to ensure you squeeze all the sauce from the pouch. Gently heat until steaming and then turn off the heat.
- 4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
- 5. Finally, plate and serve. Buon appetito.

### INGREDIENTS (Allergens in BOLD & CAPITALISED)

Tagliatelle (180g):

Durum WHEAT Semola, WHEAT Flour, EGG, Rice Flour

Salmon Sauce (160g):

Single Cream (MILK), Smoked Salmon (FISH) (30%), White Wine (SULPHITES), Shallots, Extra Virgin Olive Oil, Salt, Black Pepper, Natural Flavour

NUTRI	TION	per 100g
CA	LORIES PER	SERVING: <b>792kcal</b>
Energy		974.3kJ
Calories		233kcal
Fat		8.3g
Of which	n saturates	4.2g
Carbohy	drates	30.0g
Of which	sugars	0.9g
Protein		6.4g
Salt		0.7g





# LAMB & ROSEMARY LASAGNE WITH SLOW-COOKED RAGÙ

#### **ABOUT THE DISH**

Our founder, Alessandro, often enjoyed lamb lasagne whilst growing up in Genova and we thought you might enjoy it as well. In Genova, a local soft cheese called prescinseua is sometimes included in place of the traditional besciamella. In this recipe, however, we have indulged by including the wonderfully creamy besciamella. This delicious sauce is traditionally found in lasagne across Italy. Having said that, in Naples, where Alessandro's wife comes from, they sometimes substitute mozzarella. As you can imagine, this is quite a hotly debated topic in their home!

Between the layers of lasagne and besciamella, we include generous spoonfuls of our slow-cooked lamb ragù. The secret to this spectacular lamb ragù is time – and lots of it. Over a period of ten hours, the lamb is slowly braised with fresh, Tuscan rosemary until it tenderises and yields its rich, meaty flavours.

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

### **METHOD**

- 1. Preheat the oven to 200°C.
- 2. Remove the card sleeve from the oven pasta tray, as well as the plastic film. Once you have removed the sleeve and film lid, place the oven pasta, in its card box, directly onto a baking tray.
- 3. Once the oven has reached 200°C, place the baking tray into the oven and cook for 15-20 minutes, until the top has crispened up and the pasta is piping hot.
- 4. When it's ready, use a fish slice to remove your oven pasta from the card box. Serve immediately. Buon appetito!

### **INGREDIENTS** (Allergens in **BOLD & CAPITALISED**) Lamb & Rosemary Lasagne (350g):

Besciamella Sauce (MILK, WHEAT Flour, Butter (MILK), Salt, Pepper), Lamb & Rosemary Ragù (Lamb Shoulder (Origin: Republic of Ireland) (52%), Tomatoes, Red Wine (SULPHITES), Onion, Carrot, CELERY, Rosemary, Garlic, Mint, Thyme, Bay Leaf, Salt, Black Pepper, Olive Oil), Lasagne (WHEAT Flour, EGG, Durum WHEAT Flour, Salt), Italian Grated Cheese (MILK, Salt, Rennet)

NUTRITION	per 100g
CALORIES PER	SERVING: 606kcal
Energy	755kJ
Calories	181kcal
Fat	11.3g
Of which saturates	5.7g
Carbohydrates	9.5g
Of which sugars	2.2g
Protein	9.8g
Salt	0.3g

### 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 water to the boil. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
- 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 pan and add 1tbsp (15ml) of the boiling pasta cooking water. Take care to ensure you squeeze all the sauce from the pouch. Gently heat until steaming and then 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 (180g):

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: 922kcal
Energy	1105kJ
Calories	265kcal
Fat	11.1g
Of which saturates	4.4g
Carbohydrates	31.8g
Of which sugars	3.0g
Protein	9.0g
Salt	0.4g





# PULLED PORK & CAVOLO NERO RAGÙ WITH PAPPARDELLE

### ABOUT THE DISH

Pappardelle originate in Tuscany, a region known for rich, hearty sauces. Pappardelle is one of the thickest flat pastas, making it the perfect size to sop up meat sauces. The word pappardelle comes from the verb pappare, meaning to "gobble up", which is exactly what people who eat this pasta do.

In this week's twist, we combine a traditional Tuscan dish of pork & cavolo nero ragù with pappardelle pasta. In doing so, we pay homage to the tradition of pulled pork, beloved of impoverished Italians throughout history, for whom it proved an excellent way to turn cheaper cuts of meat into decadent, tender specimens. Cavolo nero, in a similar way, was once deemed to be fit only for peasants and so became a staple of "la cucina povera", or the poor man's kitchen. Today, it's quite voguish, particularly as it has been discovered to be full of health-giving nutrients. In any case, just pull your fork through the rich strands of slow-cooked pork and delight as they yield and fall apart.

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 water to the boil. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
- 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 pan and add 2tbsp (30ml) of the boiling pasta cooking water. Take care to ensure you squeeze all the sauce from the pouch. Gently heat until steaming and then 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 (180q):

Durum WHEAT Semola, WHEAT Flour, EGG, Rice Flour

Pulled Pork & Cavolo Nero Ragù (180g):
Tomato, Pork Shoulder (27%), Water, Onion, Carrot, **CELERY**,
Red Wine (**SULPHITES**), Cavolo Nero, Extra Virgin Olive
Oil, Pork Stock (contains **CELERY** Seeds), Salt, Garlic, Sugar,
Rosemary, Chicken Stock (contains **CELERY** Seeds), Bay Leaf,
Thyme, Black Pepper

Vegetarian Italian Grated Cheese (8g):

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

NUTRITION per 100g CALORIES PER SERVING: 741kcal Energy 842kJ Calories 201kcal Fat 5.4q Of which saturates 1.9g Carbohydrates 28.9g Of which sugars 3.1g Protein 9.0q Salt 0.3q

## BEEF SHIN & VALPOLICELLA WINE TORTELLONI WITH A SAGE BUTTER SAUCE

### ABOUT THE DISH

When Italians speak of "Veneto", they are not speaking of the city of Venice, but rather one of Italy's twenty regions, to which the city of Venice belongs. Indeed, the city of Venice is known in Italian as "Venezia", and is merely one of the region's population centres, alongside Padua, Treviso and Verona. In this respect, it is important to recognise that "Venetian' cuisine refers to more than, say, the famous cicchetti (small bites) enjoyed by locals around the canals of the relatively small city of Venice. Instead, Venetian cuisine is the sum of all the region's towns, cities and villages. In particular, it is a cuisine enriched by the region's wines.

In this week's Venetian-style beef tortelloni, we've left behind the masks and gondolas of the capital to head out to Verona province, where you'll find the beautiful green vineyards and rolling hills of Valpolicella. Famous for its eponymous wine, Valpolicella is the second most-widely produced DOC wine of Italy after Tuscany's Chianti.

To do justice to the wider gastronomic profile of Venice, then, we've selected a Valpolicella Superiore to braise our beef filling for this week's tortelloni. Simmered for hours with the wine and herbs, the meat becomes incredibly tender and full of flavour. So flavoursome, in fact, that all these tortelloni require is a simple burro e salvia (sage butter) dressing, and smattering of cheese, to serve. Close your eyes and be transported to the vineyards of Valpolicella.

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 water to the boil. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
- 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)

Beef Shin & Valpolicella Tortelloni (200g):

Pasta (Durum WHEAT Semolina, WHEAT Flour "00", EGG (24%)), Filling (Beef (44%), Valpolicella Wine (7.2%), Grana Padano (MILK, Salt, Rennet, Preservative: EGG Lysozyme), Onion, Carrots, CELERY, Breadcrumbs (Contains WHEAT), Olive Oil, Garlic, Rosemary, Thyme, Laurel, Salt, White Pepper

Sage Butter (20g):

Butter (MILK) (87%), Sage (10%), Salt, Black Pepper

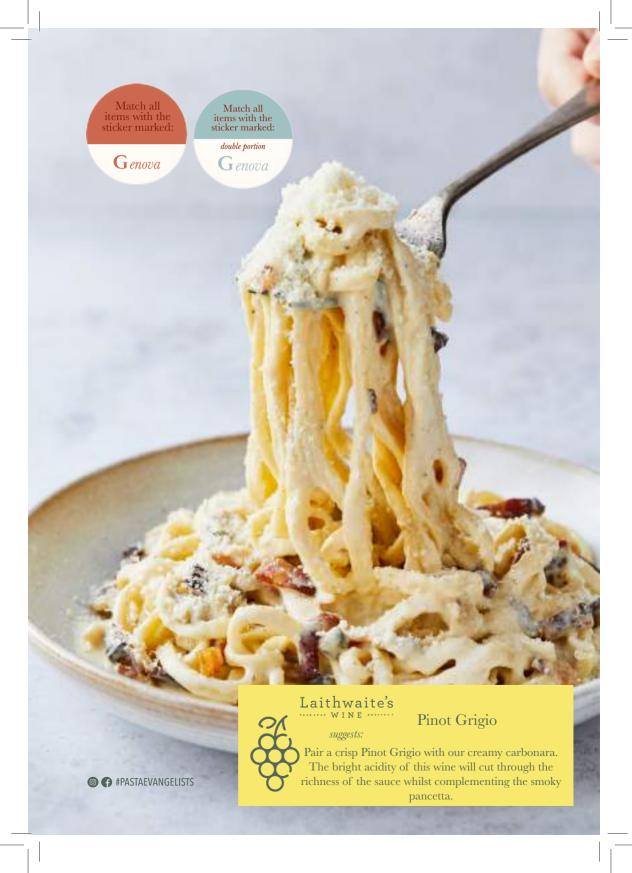
Vegetarian Italian Grated Cheese (8g):

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

NUTRITION	per 100g
CALORIES PER S	SERVING: 506kcal
Energy	924kJ
Calories	222kcal
Fat	9.9g
Of which saturates	6.0g
Carbohydrates	23.7g
Of which sugars	1.7g
Protein	8.5g
Salt	0.6g

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## "CARBONARA OF DREAMS" WITH FRESH BUCATINI & CRISPY PANCETTA

### ABOUT THE DISH

Now very much a favourite amongst the Pasta Evangelists community – and something 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. In true Pasta Evangelists style, we've added our own twist to this classic, comforting dish, presenting a gloriously creamy carbonara with tangles of fresh bucatini – in our opinion bigger and better than spaghetti – which sop up this luxuriant sauce. Bucatini are widely enjoyed throughout Lazio, the region that is home to Rome, but particularly in the capital.

Although not entirely traditional, we use pancetta in our carbonara 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. The wonderfully golden hue of our sauce is the product of the quality egg yolks we source for our Carbonara. 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**

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

- 1. Bring a large saucepan of water to the boil. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
- 2. Cook the pasta in the boiling water for 3-4 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. Take care to ensure you squeeze all the sauce from the pouch. 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) Bucatini (180g): Durum WHEAT Semola, WHEAT Flour, EGG, Rice Flour
Carbonara (135g): Cream ( <b>MILK</b> ), Italian Grated Cheese ( <b>MILK</b> , Salt, Rennet), <b>EGG</b> Yolk (18%), Water, Black Pepper, Turmeric
Pancetta (35g): Pork, Salt, Dextrose, Spices and Flavourings, Antioxidant: Sodium Ascorbate, Preservatives: Potassium Nitrate, Sodium

Vegetarian Italian Grated Cheese (8g):	
MILK Salt Rennet (Microbial Coagulant)	EGG Lycozyma

NUTRITION	per 100g
CALORIES PER	SERVING: 933kcal
Energy	1088kJ
Calories	261kcal
Fat	11.5g
Of which saturates	5.4g
Carbohydrates	28.7g
Of which sugars	2.1g
Protein	10.5g
Salt	1.3g

### WILD MUSHROOM LASAGNE



#### ABOUT THE DISH

The epitome of warming al forno dishes, our deliciously cheesy Wild Mushroom Lasagne is inspired by the mountains and forests of Piedmont. The location of this region, straddling Italy's northwestern Alps, means that in the winter months the landscape is dotted with snow-capped peaks and people from across Italy, and the rest of the world, escape their towns and cities and head instead to Piedmont's romantic chalets and ski resorts. Happy holiday-makers with rosy cheeks and growling stomachs return from days spent on the slopes in need for sustenance. Few dishes are better positioned to bestow warmth and comfort than lasagne, particularly when prepared with seasonal delicacies from the surrounding mountains and forests.

From porcini and pioppini to morels and chanterelles, Piemonte is home to a farrago of funghi varieties and these are prime for harvesting in the cold winter months. The abundance of wild mushrooms in the region means that, for thousands of years, they have taken pride of place in Piemontese cooking, playing a vital role in seasonal dishes like our tasty lasagne. Considered by the Romans to be an expensive luxury, we revel in the rich, earthy flavour that the wild mushrooms bring to this dish as we decadently layer them between hand-rolled lasagne sheets and our creamy bechamél sauce.

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

### METHOD

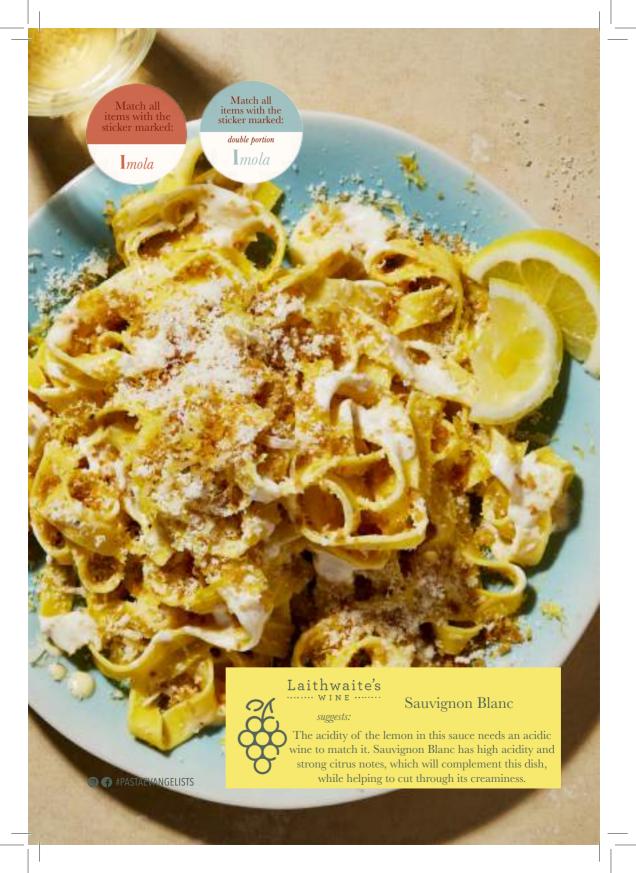
- 1. Preheat the oven to 200°C.
- 2. Remove the card sleeve from the oven pasta tray, as well as the plastic film. Once you have removed the sleeve and film lid, place the oven pasta, in its card box, directly onto a baking tray.
- 3. Once the oven has reached 200°C, place the baking tray into the oven and cook for 15-20 minutes, until the top has crispened up and the pasta is piping hot.
- 4. When it's ready, use a fish slice to remove your oven pasta from the card box. Serve immediately. Buon appetito!

INGREDIENTS (Allergens in BOLD & CAPITALISED)
Porcini & Wild Mushroom Lasagne (350g):

Pasta (Durum **WHEAT** Semola, **WHEAT** Flour, **EGG**), Porcini and Other Mushrooms (47%), **MILK**, Tomato Sauce (Peeled Tomatoes, Extra Virgin Olive Oil, Garlic, Salt, Pepper, Nutmeg), Butter (**MILK**), Vegetarian Hard Cheese (**MILK**, Salt, Vegetarian Rennet), Fresh Thyme, Salt, Pepper, Nutmeg

NUTRITION	per 100g
CALORIES PER SERVING: <b>352kcal</b>	
Energy	420.7kJ
Calories	101kcal
Fat	4.9g
Of which saturates	2.8g
Carbohydrates	8.9g
Of which sugars	2.4g
Protein	5.3g
Salt	0.2g





# TAGLIATELLE WITH AN AMALFI LEMON SAUCE



#### ABOUT THE DISH

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 were 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.

Alongside this classic pasta shape, we've looked to Campania's coastline to inspire this incredibly fresh, summerevoking sauce. Indeed, the Amalfi Coast, or, rather, Amalfitan Coast (a portmanteau of both Amalfi and Positano), is renowned for its lemons. These special limone are exquisitely fragrant, oversized and grow munificently along the sun-kissed coastline of Amalfi. With such perfumed abundance, locals take pleasure in preparing plates of pasta al limone, which denotes pasta dressed in a light sauce infused with local lemons and their zest. As you prepare this special dish, pour yourself a cold glass of white wine and allow the lemon aroma to carry you all the way to the Amalfi Coast - wherever you are.

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 water to the boil. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
- 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 pan and add 1tbsp (15ml) of the boiling pasta cooking water. Take care to ensure you squeeze all the sauce from the pouch. Gently heat until steaming and then 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 (180g):

Durum WHEAT Semola, WHEAT Flour, EGG, Rice Flour

Lemon Sauce (135g):

Cream (MILK), Butter (MILK), Lemon Juice, Lemon Zest, Salt, Black Pepper

Vegetarian Italian Grated Cheese (8g):

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

NUTRITION	per 100g	
CALORIES PE	ER SERVING: 986kcal	
Energy	1349kJ	
Calories	323kcal	
Fat	19.0g	
Of which saturates	11.0g	
Carbohydrates	29.9g	
Of which sugars	1.8g	
Protein	8.3g	
Salt	0.5g	

# PACCHERI WITH A DATTERINI TOMATO & MASCARPONE SAUCE



#### ABOUT THE DISH

Ah... pomodoro e basilico. These two ingredients – two of Italy's finest – come together to create something sublime. If you have ever enjoyed a fresh caprese salad (whether in the Capri sun or not), you will have noticed that the combination of tomato and fresh basil – known appropriately as the 'king of herbs' – is a beautiful one, despite its near-rustic simplicity.

Indeed, it's this simplicity that underpins la cucina italiana and all its secrets; rather than relying on elaborate preparation and an extensive list of ingredients, Italian food emphasises a small number of ingredients. Each, however, should be of exceptional quality, for there is no place to hide. This dish is one such example.

Our fresh tomato and basil sauce is just that: exceptionally fresh and made with the best pomodori, namely the San Marzano variety, grown in the nutrient-rich soil of Mount Vesuvius. Exquisitely fragrant, fresh basilico is chopped and added to the sauce whilst cooking, as is a small amount of mascarpone cheese, teasing out the taste of the tomatoes and giving the sauce a beautiful orange hue. Serve with a scattering of formaggio and delight in this classic dish.

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 5-6 minutes, but cook for longer if you prefer your pasta soft.

- 1. Bring a large saucepan of water to the boil. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
- 2. Cook the pasta in the boiling water for 5-6 minutes. Stir regularly to prevent sticking.
- 3. Whilst the pasta cooks, put the sauce in a pan and add 1tbsp (15ml) of the boiling pasta cooking water. Take care to ensure you squeeze all the sauce from the pouch. Gently heat until steaming and then 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 (180q):

Durum WHEAT Semola, WHEAT Flour, EGG, Rice Flour

Datterini Tomato, Mascarpone & Basil Sauce (160g): Datterini Tomatoes, Mascarpone Cheese (**MILK**), Water, Onion, Carrot, Extra Virgin Olive Oil, Basil, Salt, Garlic, Sugar, Black Pepper

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

Calories 217kcal
Fat 7.5g
Of which saturates 4.4g
Carbohydrates 30.7g
Of which sugars 3.4g
Protein 6.5g

per loog

906kJ

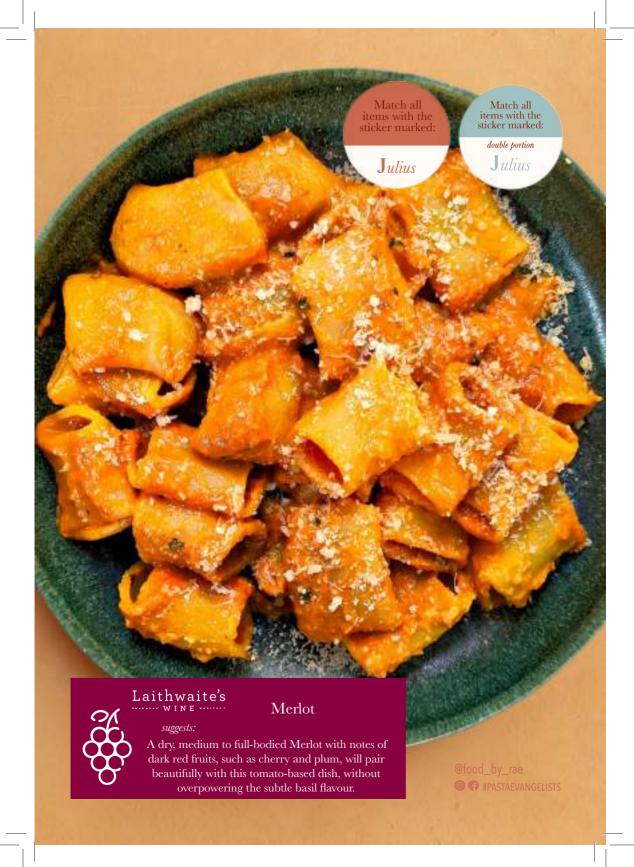
0.14g

CALORIES PER SERVING: **756kcal** 

NUTRITION

Energy

Salt



Match all items with the sticker marked: Match all items with the sticker marked: double portion Kilo Kilo Laithwaite's Chardonnay suggests: For this filled pasta, we recommend a bold white wine to balance the creaminess, while still standing up to the strong flavours. A Chardonnay that has seen some oak would be an excellent choice. #PASTAEVANGELISTS

### BLACK TRUFFLE & PECORINO TRIANGOLI WITH TRUFFLE BUTTER

### ABOUT THE DISH

Triangoli are a beautiful, triangle-shaped ravioli, beloved across Italy but scarcely known outside of il bel paese. This dish holds a well-deserved status as one of the classic indulgent tastes of Italy, with each triangolo filled with black truffles grown in Norcia, an area in southeast Umbria, where they are locally known as trifolati, and are prized for their distinct aroma. There are three regions known for truffle hunting other than Umbria: Piemonte, Toscana and Marche. As truffles grow underground with no visible surface markings, pigs or dogs are used to unearth the truffles, employing the animals' strong sense of smell. While pigs were traditionally used for truffle hunting, dogs have now replaced them in popularity. Why, might you ask? Well, dogs are easier to train to give the truffle up, and not enjoy it themselves!

So as not to compromise the truffle's elegance with an inferior accompaniment, we combine the beautiful black truffles with Pecorino, one of Italy's finest and best-known cheeses. Highly regarded for its tangy sharpness, it's the perfect accompaniment for our decadent truffle filling. 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 water to the boil. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
- 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) Black Truffle & Pecorino Triangoli (200g):

Fresh Pasta (Durum **WHEAT** Semola, Soft **WHEAT** Flour, Pasteurised **EGG**, Rice Flour), Filling (Ricotta Cheese (**MILK**), Sheep's **MILK** Cheese, Truffle Sauce (Champignon Mushrooms, Extra Virgin Olive Oil, Olive Oil, Truffle Tuber Aestivum, Black Olives, Herbs, Salt) Onion, Goat's **MILK** Cheese, Parsley, White Pepper, Natural Flavouring)

Truffle Butter (20g):

Butter (MILK) 87%, Truffle Paste (Mixed Mushrooms, Sunflower Oil, Extra Virgin Olive Oil, Black Truffle, Black Olives, Salt, Flavouring), Salt

Vegetarian Italian Grated Cheese (8g):

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

NUTRITION	per 100g	
CALORIES PER SERVING: <b>701kcal</b>		
Energy	1258kJ	
Calories	301kcal	
Fat	19.0g	
Of which saturates	10.5g	
Carbohydrates	20.9g	
Of which sugars	1.9g	
Protein	11.1g	
Salt	0.6g	

# NEW: MALLOREDDUS WITH SLOW-COOKED LENTIL RAGÙ



### ABOUT THE DISH

New Year's Eve, or Notte di San Silvestro as it is known in Italian, is a cause for much celebration in Italy. It is usually an evening spent with family and friends involving a big meal and the night ends with firework displays across the country to mark the beginning of the new year. The famous cenone di San Silvestro (the aforementioned 'big meal') usually involves some form of lentils. These tiny pulses are said to resemble coins, a symbol of luck, and so they have had connotations of good fortune since Roman times. This time-honoured tradition is still popular today, with many Italian families preparing a delicious lentil stew for the San Silvestro celebrations and this often involves soaking the lentils overnight.

We pay homage to this tradition with our delicious lentil ragù served with beautiful malloreddus, which are little pieces of pasta, traditionally from Sardinia, that look a bit like small gnocchi. This rich lentil sauce, made with fresh, juicy tomatoes will transport you to Italia and might just bring you a whole year of good luck...

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 water to the boil. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
- 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 pan and add 1tbsp (15ml) of the boiling pasta cooking water. Take care to ensure you squeeze all the sauce from the pouch. Gently heat until steaming and then turn off the heat.
- 4. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
- 5. Finally, plate and serve. Buon appetito.

### INGREDIENTS (Allergens in BOLD & CAPITALISED) Malloreddus (180g):

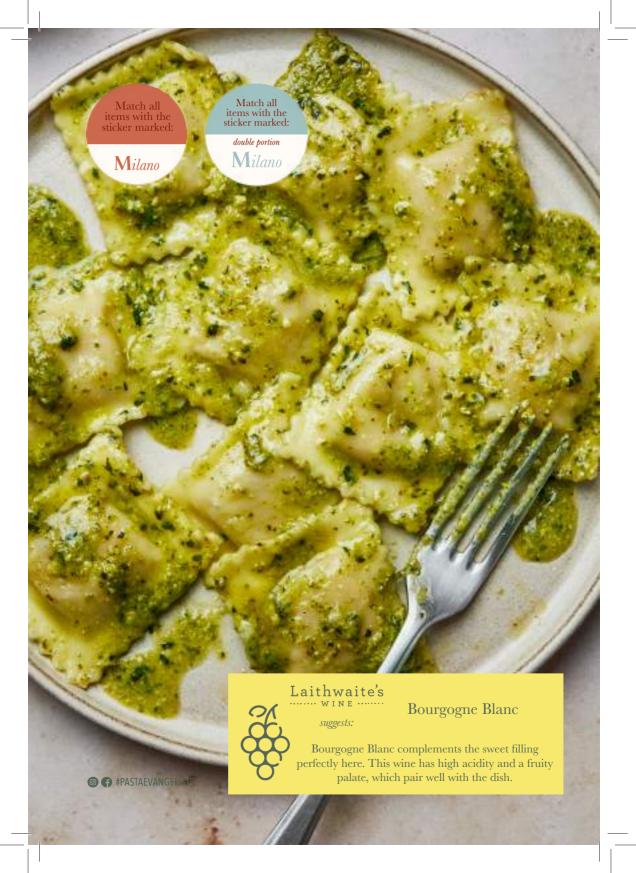
Durum WHEAT Semola, Water, Rice Flour

Lentil Ragù (160g):

Tomatoes, Water, Lentils, Chestnut Mushrooms, Red Wine (**SULPHITES**), Onion, Carrots, **CELERY**, Extra Virgin Olive Oil, Dried Porcini Mushrooms, Soy Sauce (**SOY**), Thyme, Garlic, Salt, Black Pepper, Rosemary, Red Chilli

NUTRITION	per 100g
CALORIES PER	R SERVING: <b>745kcal</b>
Energy	846kJ
Calories	202kcal
Fat	5.6g
Of which saturates	2.4g
Carbohydrates	29.1g
Of which sugars	3.2g
Protein	8.7g
Salt	0.5g





# PUMPKIN & SAGE RAVIOLI WITH WILD ROCKET SAUCE



#### ABOUT THE DISH

Did you know that 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.

In any case, in homage to these gastronomic - and pumpkin - centres of Northern Italy, this week we've filled our fresh ravioli with a beautifully orange and sweet-fleshed pumpkin filling. We've also infused the 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 water to the boil. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
- 2. Cook the pasta in the boiling water for around 3 minutes.
- 3. Whilst the pasta cooks, put the pesto in a large bowl. Add 1 tsp of the boiling cooking water to loosen and stir it through.
- 4. Lift the pasta out of the water and transfer to the pesto. Toss gently to coat.
- 5. Finally, plate and serve. 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 BEEF SHIN & BAROLO WINE RAGÙ



### ABOUT THE DISH

The original recipe for Ragù was invented and published in the 18th century by Alberto Alvisi, who was the chef for the Cardinal of Imola, later Pope Pio VII. Alvisi's recipe was documented as "The Cardinal's Ragù", but was not rediscovered for another 180 years, when Bolognese journalists stumbled across the recipe in archives. Alvisi's recipe included exotic spices like cinnamon, which was quite inventive for the age. Indeed, using cinnamon in ragù would be quite unexpected in modern day Italy, where it is now widely preferred to allow the flavour of the meat to shine through alongside aromatics like red wine, bay and fresh herbs.

And so, in a recipe inspired by, but not in slavish adherence to Alvisi's predilection for spice, our chefs carefully brown pieces of marbled beef until they take on a deep, burnished hue. This is where all the flavour is. We then slowly braise our caramelised beef with red wine, onions & tomatoes to make the meat as tender and flavourful as possible. This very special raqù is served with fresh, gluten free gnocchi dumplings. Buon appetito.

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 water to the boil. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
- 2. Cook the pasta in the boiling water for 2 minutes. Stir regularly to prevent sticking.
- 3. Whilst the pasta cooks, put the sauce in a pan and add 2tbsp (30ml) of the boiling pasta cooking water. Take care to ensure you squeeze all the sauce from the pouch. Gently heat until steaming and then 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.

### $\begin{array}{l} \textbf{INGREDIENTS} \ \, \textbf{(Allergens in BOLD \& CAPITALISED)} \\ \textbf{Gluten Free Gnocchi (200g):} \end{array}$

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

Beef & Barolo Ragù (180g):

Beef Shin (Origin: Republic of Ireland) (37%), Onion, Barolo Wine (**SULPHITES**), Beef Stock (contains **CELERY** Seeds), Carrot, Olive Oil, **CELERY**, Tomato Puree, Garlic, Salt, Black Pepper, Bay Leaf

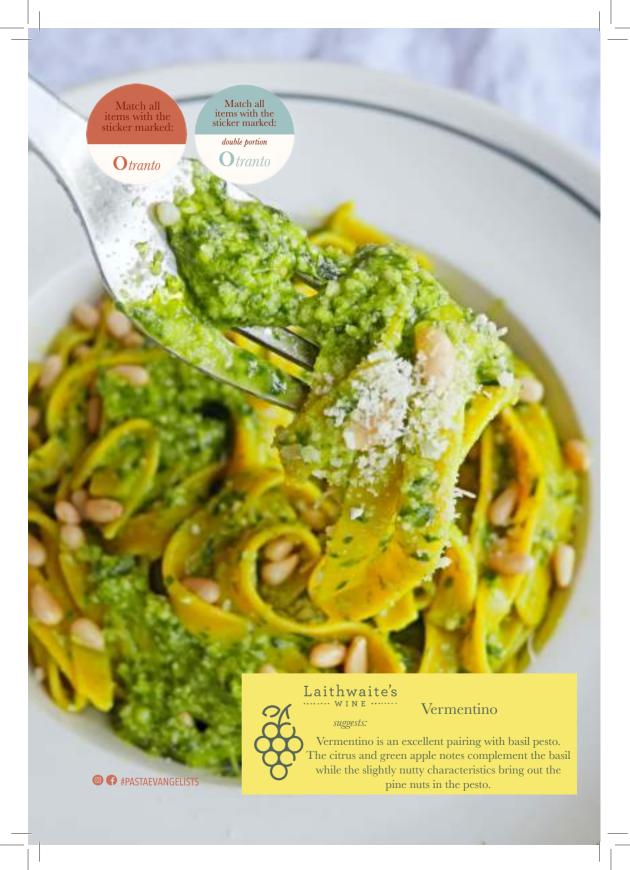
Vegetarian Italian Grated Cheese (8g):

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

\*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 quarantee that there will not be any traces present in your food.

NUTRITION	per 100g	
CALORIES PER SERVING: <b>524kcal</b>		
Energy	565kJ	
Calories	135kcal	
Fat	2.1g	
Of which saturates	1.0g	
Carbohydrates	22.0g	
Of which sugars	1.7g	
Protein	6.6g	
Salt	0.9g	





# TAGLIATELLE WITH FRESH BASIL PESTO & PINE NUTS





### ABOUT THE DISH

Tagliatelle fall into the family of what is known as "cutters" (in Italian, "tagliare", means "to cut"), 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 hail from the Emilia-Romagna and Marche regions of Italy, where they have been loved for generations. Legend states that tagliatelle were 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 about whether this is actually true or a joke made up by humourist Augusto Majani in 1931. We will never know.

One thing is absolutely certain, however. Bologna takes so much pride in its beloved tagliatelle that the city keeps a solid gold instrument, demonstrating the correct dimensions of a piece of tagliatelle, in its Chamber of Commerce (1 mm x 6 mm, for the curious). While we cannot guarantee our handmade tagliatelle are precisely those dimensions, we can guarantee that they perfectly complement our stripped-back, but incredibly beautiful, basil pesto. Made very simply using a pestle and mortar with just a few ingredients, this classic sauce of Liguria is splendid at its freshest - which is exactly what we bring you.

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 water to the boil. Generously salt the water (around 1tbsp per litre). Don't worry: the pasta won't absorb it all, but it's important the water is "as salty as the Mediterranean" for maximum flavour.
- 2. Cook the pasta in the boiling water for 2 minutes. Stir regularly to prevent sticking.
- 3. Whilst the pasta cooks, put the pesto in a large bowl. Take care to ensure you squeeze all the sauce from the pouch. Add 2 tbsp (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) Gluten Free Tagliatelle (180g):

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

Pesto alla Genovese (70a):

Basil (51%), Olive Oil, Vegetarian Italian Cheese (MILK, Salt, Vegetarian Rennet, EGG Lysozyme), Pine Kernels, Garlic, Salt

Vegetarian Italian Grated Cheese (8g):

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

\*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.

NUTRITION	per 100g	
CALORIES PER SERVING: 686kcal		
Energy	1087kJ	
Calories	261kcal	
Fat	14.5g	
Of which saturates	3.9g	
Carbohydrates	18.9g	
Of which sugars	1.7g	
Protein	12.4g	
Salt	1.3g	

### Veganuary NEXT WEEK

### JANUARY 4TH - JANUARY 10TH

We're all for fresh starts in 2021 and with our NEW & IMPROVED range of plant-based dishes, January has never looked fresher! Embrace Veganuary and choose from 4 vegan recipes on our menu every week...

