

Match  
pink  
stickers on  
pasta, sauce  
& garnish



# SPRING LAMB RAGÙ WITH FRESH PACCHERI PASTA

## ABOUT THE DISH

Distinguished by its exceptional fat marbling throughout, the shoulder cut of lamb is the highlight of this week's ragù - slow-cooked to help intensify the incredible flavour of the meat and yield a melting, succulent result.

This dish is packed with flavour, in part because of the supreme quality of the meat used, but also because of the wonderful aromatics infused during the cooking process. To accentuate the natural, sweet aroma of the meat, we infuse the ragù with a bouquet garni ("garnished bouquet" in French, denoting a bundle of herbs tied together during cooking) of rosmarino (rosemary), timo (thyme), in a nod to the British culinary tradition, un po 'di menta (a hint of mint).

The good pour of tannic red wine added to the base of the sauce – moments after first searing the shoulder joint – brings depth and added flavour, whilst the pasta served with (here, paccheri) is robust enough to hold up to the rich sauce, gathering up pockets of ragù in its cavernous interiors. As ever in the Italian tradition, no serving of pasta al'ragù could be completed without a sprinkling of Italian grated cheese – and this is a tradition we rapturously embrace.

Keep chilled and consume on day of delivery or on the day after delivery. Alternatively, freeze as per instructions on page 3

## METHOD

1. Bring a large saucepan of generously salted water to a boil.
2. Cook the paccheri in the boiling water for 4-6 minutes, or until 'al dente' (check a piece before removing from the water).
3. Whilst the pasta cooks, put the ragù in a large pan, add 1-2 tsp (15-20ml) of the boiling cooking water. Cover with a lid and gently heat until steaming. Once steaming, turn off heat.
4. Once cooked, transfer the paccheri to the ragù. Toss gently to coat.
5. Finally, scatter over the grated cheese. Buon appetito!

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

Paccheri (165g):

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

Lamb Shoulder Ragù (160g):

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

Lamb Stock (contains **CELERY** seeds), Red Wine (**SULPHITES**),

Extra Virgin Olive Oil, Mint, Salt, Garlic, Sugar, Rosemary,

Bay Leaf, Thyme, Black Pepper

Italian Grated Cheese (8g):

**MILK**, Salt, Rennet

## NUTRITION

per 100g

CALORIES PER SERVING: 706.0kcal

Calories	212kcal
Fat	7.1g
Of which saturates	2.9
Carbohydrates	25.4g
Of which sugars	1.7g
Protein	11.1g
Salt	0.6g