



PASTA
EVANGELISTS



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Pasta Evangelists?**
Look out for the coloured
dots on the items we've sent
you. Match items of the same
colour together to create
each dish

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TRUFFLE WEEK

3RD - 9TH AUGUST

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IT'S TRUFFLE WEEK

This week, we're celebrating one of Italy's most prized gastronomic exports - the truffle, or 'il tartufo' in the native tongue. This precious tuber lends a heady aroma, and distinct sense of luxury, to any dish it adorns. From the rolling hills of Umbria to the Piedmont's oak forests, Italy is revered for its exceptional truffles.

Paying homage to the tartufo, this week's menu features truffle-focused dishes crafted by our head chef, Roberta, in collaboration with renowned truffle specialists, Urbani Tartufi. A multi-generational family business, Urbani Tartufi boast a formidable knowledge of their craft, as world-leading purveyors of truffle since 1852.

This week's limited edition dishes feature Urbani Tartufi's scorzone black truffle. The scorzone truffle, also known as the summer truffle, flourishes throughout the Italian summer, and is cultivated in the Valnerina in Umbria. This special truffle has been used to create a sumptuous truffle butter sauce, as well as several truffle-filled pasta dishes. We hope you'll join us in celebration of il tartufo.

In Partnership with:



Truffle Week Menu

TRUFFLE AND MEAT PASTA

Beef & Summer Truffle Tortelloni with Urbani Truffle Butter ●

VEGETARIAN TRUFFLE PASTA

Tagliolini with a Whole Urbani Truffle & Urbani Truffle Butter ●

OTHER TRUFFLE PASTA

Pecorino & Summer Truffle Triangoli with Urbani Truffle Butter ●

MEAT PASTA

Carbonara of Dreams with Fresh Rigatoni & Pancetta ○
Fettuccine with 'Nduja Sausage, Amalfi Lemon and Mascarpone ●
Mafalde with Beef Shin & Barolo Wine Ragù ●

SEAFOOD PASTA

Sea Bass Ravioli with a Sage Butter Sauce & Samphire ●

VEGAN PASTA

Orecchiette with Broccoli & Chilli Pesto and a Fennel Crumb ●

OTHER PASTA

Burrata & Sun-Dried Tomato Ravioli with a Sage Butter Sauce ●

GLUTEN FREE PASTA

Spaghetti all'Arrabbiata with a Spicy Tomato Sauce ●



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Keep chilled 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.

Match all
items with
a red
sticker



Suggested Wine Pairing:

A medium-bodied Pinot Noir with smooth tannins will pair wonderfully with this beef and truffle filled pasta, without overpowering the balance of flavours. Pinot Noir's slight earthy and herbal notes will complement the truffle in this dish.

Pinot Noir

BEEF & SUMMER TRUFFLE TORTELLONI WITH URBANI TRUFFLE BUTTER



ABOUT THE DISH

This dish is one of a series of limited edition summer truffle recipes, crafted by our head chef, Roberta, in collaboration with world-renowned truffle specialists, Urbani Tartufi. Excelling in their field since 1852, Urbani Tartufi describe themselves as 'pioneers of truffle cultivation in Italy'. These limited edition dishes are infused with Urbani Tartufi's exquisite scorzone black truffle, cultivated in the Valnerina in Umbria - a region particularly celebrated for the quality of its truffle. Soft and delicate, this prized tuber lends its heady aroma and decadent finish to our weekly menu.

This week's tortelloni are, we feel, a consummate celebration of il tartufo (the truffle) in all its glory. Fresh scorzone truffle is combined with slow-cooked beef to create a rich, sumptuous filling. As a shape, tortelloni originate in Emilia-Romagna, specifically Modena, a city highly regarded for its thriving food culture. To serve, though, we again look to Umbria's most-coveted treasure, with a butter infused with fresh scorzone truffle supplied by our amici at Urbani. As you melt down this "burro di tartufo" in a pan to serve, we hope that you, like us, will marvel at just how wonderful the fresh truffle smells, filling the kitchen with heady promise. To serve, we've also included a portion of formaggio - whilst Italians often prefer to enjoy truffle without cheese, we find that it adds extra decadence and complements the slow-cooked beef filling.

Note: Please consume or freeze our pasta and sauces within 2 days of 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 truffle 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 truffle butter. Toss gently to coat.
5. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

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

Beef Tortelloni (200g):

Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour '00', **EGG**, Water), Filling (Beef (49%), Grana Padano (**MILK**, Salt, Rennet, **EGG** Lysozyme), Onion, Carrots, **CELERY**, Breadcrumbs (**WHEAT**), Olive Oil, Water, Garlic, Rosemary, Truffle Cream (Black Truffle, Tuber Aestivum, Salt, Natural Truffle Flavouring), Thyme, Laurel, Salt, White Pepper), Rice Flour

Truffle Butter (20g):

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

Italian Grated Cheese (8g):

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

NUTRITION per 100g

CALORIES PER SERVING: 746kcal

Energy	1364kJ
Calories	327kcal
Fat	20.8g
Of which saturates	10.3g
Carbohydrates	24.4g
Of which sugars	1.3g
Protein	11.5g
Salt	1.1g

TAGLIOLINI WITH A WHOLE URBANI TRUFFLE & URBANI TRUFFLE BUTTER

(Vegetarian)



ABOUT THE DISH

This dish is one of a series of limited edition summer truffle recipes, crafted by our head chef, Roberta, in collaboration with world-renowned truffle specialists, Urbani Tartufi. Excelling in their field since 1852, Urbani Tartufi describe themselves as 'pioneers of truffle cultivation in Italy'. This week's dishes are infused with Urbani Tartufi's exquisite scorzone black truffle, cultivated in the Valnerina in Umbria - a region particularly celebrated for the quality of its truffle. Soft and delicate, this prized tuber lends its heady aroma and decadent finish to our weekly menu.

In this limited edition dish, each portion of our beautiful, fresh tagliolini is accompanied with a whole black truffle from our amici at Urbani, sourced in Umbria, where black truffles are locally known as trifolati and prized for their incredible aroma. This dish celebrates the glorious headiness of the truffle in a most Italian way: by showcasing the ingredient simply and avoiding superfluous flavourings that detract from the centrepiece.

Instead, we invite you to slice the truffle, ever so thinly, and lavish the shavings upon a tangle of our fresh tagliolini. The natural oils and fats in fresh pasta bring out the rich, earthy intensity of the truffle, and so whilst the setting is simple, the flavour is full-on. A final anointment with Urbani truffle-infused burro - butter - gives the dish a beautiful lustre, and, frankly, there really is nothing more to add. Though, if you are so inclined, a glass of bubbles would make for an appropriately luxurious accompaniment...

Note: Please consume or freeze our pasta and sauces within 2 days of 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. In the meantime, finely slice the whole truffle, using a sharp knife or truffle shaver, should you have one at home. A vegetable peeler can work well here, too.
3. Cook the pasta in the boiling water for 2-3 minutes. Stir regularly to prevent sticking.
4. Whilst the pasta cooks, put the butter in a pan, and add around a third of the sliced truffle. Cover with a lid and heat until steaming. Once steaming, turn off the heat.
5. Once cooked, transfer the pasta to the sauce. Toss gently to coat.
6. Finally, plate and garnish with the remaining sliced truffle. Buon appetito.

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

Tagliolini (165g):

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

Truffle Butter (20g):

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

Whole Truffle (approx 25g)*:

Summer Truffle (Tuber Aestivum)

*As this is a natural product, the weight of the truffle may vary slightly

NUTRITION per 100g

CALORIES PER SERVING: 710kcal

Energy	1470kJ
Calories	353kcal
Fat	15.8g
Of which saturates	8.8g
Carbohydrates	41.8g
Of which sugars	1.2g
Protein	10.7g
Salt	0.9g

Match all
items with a
pink
sticker



Suggested Wine Pairing:

Nebbiolo, with its moderate tannins, will pair well with this truffle-focused dish. The herbaceous nature of this wine, along with its notes of leather, cherry and raspberry, will elevate the truffle flavours and aromas of this delectable dish.

Nebbiolo

Match all
items with
a green
sticker



Suggested Wine Pairing:

For this filled pasta with both Pecorino and truffle, we recommend a bold white wine to balance the creaminess, while still standing up to the strong truffle flavour. A Chardonnay that has seen some oak would be an excellent choice, with the moderate acidity cutting the creaminess of the filling.

Chardonnay

PECORINO & SUMMER TRUFFLE TRIANGOLI WITH URBANI TRUFFLE BUTTER



ABOUT THE DISH

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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 Umbria, where they are often known as "trifolati". We've also included Pecorino, one of Italy's finest and best-known cheeses. Its tangy sharpness makes it the perfect pairing for "il tartufo" (the truffle). To serve, we've included our limited edition Urbani truffle butter (with pieces of their fresh scorzone truffle) as well as a smattering of Piemontese hazelnuts.

Note: Please consume or freeze our pasta and sauces within 2 days of 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 2-3 minutes.
3. Whilst the pasta cooks, put the truffle butter in a pan, cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Lift the pasta out of the water and transfer to the truffle 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**, Preservative E202, 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, Preservative E202)

Truffle Butter (20g):

Butter (**MILK**), Black Truffle (9%), Truffle Oil (4%) (Olive Oil, Truffle Flavouring), Salt

Hazelnut Crumb (8g):

Hazelnuts (**NUTS**)

NUTRITION per 100g

CALORIES PER SERVING: 701kcal

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

CARBONARA OF DREAMS WITH FRESH RIGATONI & PANCETTA

ABOUT THE DISH

"Rigatoni" comes from the Italian word "rigare", meaning to score lines or mark lines into something, and this pasta is traditionally associated with southern and central Italy. Rigatoni are big tubes of pasta that are ridged on the outside and smooth inside. These ridges are cleverly designed to help the pasta get a grip on the sauce, whilst the large insides allow golden morsels of our salty pancetta to nestle within the tubes.

The carbonara sauce we pair our rigatoni with is thought to have its name derived from when charcoal burners used to cook the dish over campfires. In true Pasta Evangelists style, we've taken this classic, comforting dish to new heights, presenting a gloriously creamy carbonara in which our wonderfully chewy morsels of fresh rigatoni pasta sop up this luxuriant sauce. Made with pancetta, known for its deep, salty intensity, our carbonara sauce also contains eggs, a drop of cream, freshly ground black pepper and decadent aged Italian cheese. Allow yourself to be transported to Roma by this classic dish with a distinctively premium twist.

Note: Please consume or freeze our pasta and sauces within 2 days of delivery.

METHOD

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for at least 3 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**)

Rigatoni (165g):

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

Carbonara (125g):

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

Pancetta (35g):

Pork, Salt, Dextrose, Spices and Flavourings, 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: 916kcal

Energy	1146kJ
Calories	275kcal
Fat	13.5g
Of which saturates	6.3g
Carbohydrates	24.8g
Of which sugars	1.1g
Protein	13.1g
Salt	1.6g



Match all
items with
a white
sticker

Pinot Grigio

Suggested Wine Pairing:

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



Match all
items with
an orange
sticker

Suggested Wine Pairing:

Sangiovese is a medium to full-bodied wine, with medium tannins that will match the spiciness of the 'nduja. Sangiovese is also moderately acidic, which will help to cut through the richness of the mascarpone and complement the acidity of the lemon.

Sangiovese

FETTUCCINE WITH 'NDUJA SAUSAGE, AMALFI LEMON AND MASCARPONE

ABOUT THE DISH

This sauce, although not strictly traditional, combines the classic ingredients of several regions of Italy: Calabria and Campania in the south and Lombardia in the north. Calabrian 'nduja sausage, citrus celebrated in Campania, and mascarpone originating in Lombardia come together in this irresistible dish. The spicy and soft 'nduja sausage forms the perfect base for this sauce, whilst the generous quotient of lemon juice evokes sunny Amalfi in Campania, adding zesty brightness to complement the hot richness of the 'nduja. In stirring through a few spoonfuls of mascarpone, our chefs also temper the heat of the chilli-flecked 'nduja and add a sumptuous richness. And whilst you may be most familiar with mascarpone from its appearance in the classic tiramisu, we promise it is also found in savoury dishes, and has transcended its local origins in Lombardia and ensconced itself in the gastronomic heart of all Italy.

We selected fettuccine to pair with this dish as meat sauces are traditionally served with long strand pasta. This sauce, with the warmth of the 'nduja complemented by the acidity of the lemon and the creaminess of the mascarpone, is designed to cling to long strands of fettuccine. We top this dish, as we do many of our other dishes, with a dusting of finely grated Italian cheese. We hope you, too, just like us, will find the fusion of these three regions an enticing proposition...

Note: Please consume or freeze our pasta and sauces within 2 days of 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**)

Fettuccine (165g):

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

'Nduja Sausage, Lemon & Mascarpone Sauce (160g):

Tomato, Pork Sausage (Pork (42%, Origin UK), White Wine (**SULPHITES**), Salt, Garlic, Black Pepper), 'Nduja (Pork, Chilli Pepper, Salt), Mascarpone Cheese (**MILK**), Water, Onion, Carrot, Red Wine (**SULPHITES**), Extra Virgin Olive Oil, Sugar, Chicken Stock (contains **CELERY** seeds), Lemon Juice, Rosemary, Garlic, Salt, Bay Leaf, Black Pepper

Italian Grated Cheese (8g):

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

NUTRITION per 100g

CALORIES PER SERVING: 619kcal

Energy	778kJ
Calories	186kcal
Fat	4.9g
Of which saturates	1.7g
Carbohydrates	26.4g
Of which sugars	2.2g
Protein	8.4g
Salt	0.6g

MAFALDE WITH BEEF SHIN & BAROLO WINE RAGÙ

ABOUT THE DISH

We have selected a fabulously rich and aromatic Barolo, the 'king of wines', to add incredible depth and flavour to this limited edition ragù. A powerful and tannic wine, Barolo needs to be matched with similarly bold foods. Our beef and Barolo ragù gently simmers for hours until reaching a consistency so silky that it falls off the bone and becomes the glorious focal point of this rich and intensely meaty ragù. This sauce pairs perfectly with wonderful ribbons of mafalde pasta, which are the ideal size – and shape – to catch the sauce.

Mafalde, also known as "reginette" (Italian for "little queens") are an alluring, ribbon-shaped pasta with beautiful wavy edges and a striking appearance. In 1995, the Italian government commemorated the Princess Mafalda of Savoy with a limited edition stamp. Princess Mafalda died during the Second World War, whilst detained in a German concentration camp. The mafalde pasta is said to evoke the princess' curls. This wasn't the first time Princess Mafalda's life had been marked by tragedy: the SS Principessa Mafalda Italian transatlantic ocean liner was named after her. This was one of the most luxurious ships at the time. Unfortunately, it sank off the coast of Brazil in 1927.

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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 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**)

Mafalde (165g):

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

Beef & Barolo Ragù (160g):

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

Italian Grated Cheese (8g):

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

NUTRITION per 100g

CALORIES PER SERVING: 739kcal

Energy	926kJ
Calories	222kcal
Fat	6.5g
Of which saturates	2.0g
Carbohydrates	26.3g
Of which sugars	2.2g
Protein	12.6g
Salt	1.3g

Match all
items with
a black
sticker



Suggested Wine Pairing:

Barolo is a natural match for a bold beef dish. We also use Barolo in the sauce, reinforcing the pairing. The full-bodied nature of Barolo, along with the moderate tannins, will complement the strong flavours in our delicious beef shin ragu.

Barolo

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Match all items with a blue sticker



Suggested Wine Pairing:

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

Provence
Rosé

SEA BASS 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: Please consume or freeze our pasta and sauces within 2 days of 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 sage 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 sage butter. 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	314kcal
Fat	19.5g
Of which saturates	7.7g
Carbohydrates	24.0g
Of which sugars	0.8g
Protein	17.0g
Salt	0.9g

ORECCHIETTE WITH BROCCOLI & CHILLI PESTO AND A FENNEL CRUMB *(Vegan)*

ABOUT THE DISH

The word "broccoli" comes from the Italian broccolo, which roughly translates as "the flowering crest of a cabbage". The brassica is native to the Mediterranean, engineered by early horticulturalists in Tuscany. Revered by Italian natives since the Roman era, the vegetable is so synonymous with "lo Stivale" that, upon its arrival in England around the mid-18th century, broccoli was referred to as "Italian asparagus". While broccoli is a cold-weather crop, we've given the vegetable a distinctly summery twist, in the form of a vibrant broccoli pesto, flecked with warming red chilli. Fragrant basil and heady garlic finish the sauce, which gains its signature creaminess and rustic texture from a mixture of pine nuts and almonds.

In Puglia, broccoli is typically served with orecchiette pasta, which, in turn, is our pasta of choice to pair with this vibrant pesto. Orecchiette, translating to "little ears" in reference to their shape, are a pasta bianca (or white pasta, made without egg). This shape is prepared by nonne throughout Puglia by hand, and is synonymous with Southern Italy's "cucina povera", or poor man's kitchen. Historically, the impoverished south could ill-afford to prepare pasta with eggs, a tradition associated with Italy's northern regions, which, to this day, remain disproportionately better-off. We serve our light pasta and fresh, nutrient-rich pesto with a fennel crumb for an authentic taste of Puglia.

Note: Please consume or freeze our pasta and sauces within 2 days of delivery.

METHOD

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 1tbsp (15ml) 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 taralli crumb. Buon appetito.

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

Orecchiette (165g):

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

Broccoli & Chilli Pesto (70g):

Broccoli, Olive Oil, Basil, Pine Nuts, Blanched Almonds (**NUTS**),
Garlic, Salt, Red Chilli

Fennel Taralli Crumb (5g):

WHEAT Flour, Yeast, Water, Olive Oil, Fennel Seeds, Black
Pepper, Salt

NUTRITION per 100g

CALORIES PER SERVING: 601kcal

Energy	1045kJ
Calories	251kcal
Fat	7.8g
Of which saturates	1.0g
Carbohydrates	36.9g
Of which sugars	1.2g
Protein	7.8g
Salt	0.8g



Match all
items with
a yellow
sticker

Suggested Wine Pairing:

This bright and mildly spicy sauce requires an equally lively wine to match it. We recommend a fruity and crisp Sauvignon Blanc. The high acidity, citrus notes, and clean mouthfeel will pair very well with the broccoli & chilli pesto without overpowering these flavours.

Sauvignon
Blanc

© #PASTAEVANGELISTS

Match all
items with
a purple
sticker



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Viognier

Suggested Wine Pairing:

For this summery dish, we recommend a fruit-forward Viognier. The mild acidity and slight sweetness will pair excellently with the sun-dried tomato in this dish and cut through the richness of the burrata.

BURRATA & SUN-DRIED TOMATO RAVIOLI WITH A SAGE BUTTER SAUCE

ABOUT THE DISH

For this dish, we source inspiration from the sun-scorched region of Puglia, the heel of Italy's 'boot'. Famed for its rustic cuisine, consider these ravioli a somewhat decadent take on Puglia's rich culinary heritage. To prepare our ravioli filling, we turn to the prime tomato fields of Puglia, in the small comune of San Pietro Vernotico. Here, in Italy's driest region, tomatoes are salted and left out to dry out in the unrelenting heat of the sun, until they take on a potent sweet-yet-umami flavour. We temper these tart morsels of flavour with fresh burrata, the jewel in the crown of Italian cheeses.

Renowned for its buttery consistency and delicate flavour, burrata is crafted by artisan cheesemakers across Puglia. Burrata also happens to be our head chef - and Pugliese native - Roberta's favourite midnight snack, as local caseifici (cheesemongers) produce the delicacy through the night. Indeed, many are familiar with visits from Roberta after a few too many of her signature "La Vita É Dolce" ("Life is Sweet") cocktails on an evening. We dress our ravioli in an earthy sage butter, as to tease out the sweet flavour of the sun-dried tomato. A scattering of formaggio completes this tribute to Pugliese cuisine. And while we wholeheartedly trust Roberta's culinary judgement, we think these ravioli are best consumed in the daylight hours, al fresco with a refreshing aperitivo in hand!

Note: Please consume or freeze our pasta and sauces within 2 days of 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 2-3 minutes.
3. Whilst the pasta cooks, put the sage 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 sage butter. Toss gently to coat.
5. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

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

Burrata & Sun-Dried Tomato Ravioli (200g):

Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour "00",
Pasteurised **EGGS** (24%)) Filling (Stracciatella (Pasteurised
Cow's **MILK**, Cream (**MILK**), Salt, Rennet, Acidity Regulator:
Lactic Acid)(60%), Ricotta Cheese (Pasteurised Cow's **MILK**,
Cream (**MILK**), Salt, Acidity Regulator: Lactic Acid), Sun-Dried
Tomato (8.7%), Grana Padano Cheese (Cow's **MILK**, Salt,
Rennet, **EGG** Lysozyme), Fresh Basil, Potato Flakes, Salt, White
Pepper

Sage Butter (20g):

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

Italian Grated Cheese (8g):

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

NUTRITION per 100g

CALORIES PER SERVING: 638kcal

Energy	1166kJ
Calories	280kcal
Fat	17.7g
Of which saturates	10.9g
Carbohydrates	23.0g
Of which sugars	1.8g
Protein	12.8g
Salt	0.8g

SPAGHETTI ALL'ARRABBIATA WITH A SPICY TOMATO SAUCE *(Gluten Free/Vegan)*

ABOUT THE DISH

In this week's dish, we serve freshly made gluten free pasta. Regardless of whether you are able to consume gluten, this is pasta eccezionale, made in the artisan tradition and carefully formed into beautiful strands of spaghetti.

It is sometimes said that the proof of fine talent is not in the mastery of complexity, but in doing the simple things brilliantly. If that is so, this dish pays homage to the traditional, Roman arrabbiata in the most meaningful way.

The name of this dish - arrabbiata - refers to the "angry" heat of the chilli-laced tomato sauce. The inclusion of beautiful, fiery Italian chilli flakes in the arrabbiata sauce distinguishes it from the other classic tomato sauces in the Italian repertoire.

Indeed, verandas of homes across the Italian south are adorned with beautiful hanging chillies so that, when the need for heat presents itself, an arrabbiata sauce can be conjured up at short notice. And whilst the chilli flakes are important, so too is the generous quotient of garlic, adding an aromatic and gutsy vibrance to this traditional sauce from Lazio, which we serve with beautiful strands of fresh, gluten free spaghetti.

Note: Please consume or freeze our pasta and sauces within 2 days of 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, add the sauce to a pan. Gently heat the sauce 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 enjoy. 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

Arrabbiata Sauce (160g):

Tomato, Onion, Carrot, Fresh Chillies (Bird's Eye, Scotch Bonnet, Jalapeno), Extra Virgin Olive Oil, Salt, Fresh Basil, Garlic, Sugar, Black Pepper, Dried Chillies

*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: 414kcal

Energy	533kJ
Calories	127kcal
Fat	3.9g
Of which saturates	1.1g
Carbohydrates	15.4g
Of which sugars	3.0g
Protein	6.9g
Salt	1.0g



GLUTEN FREE



Match brown
stickers on
pasta, sauce
& garnish

Primitivo

Suggested Wine Pairing:

As this is a spicy sauce, we recommend a full-bodied red wine to hold up to the heat in the dish. Primitivo, traditionally coming from Puglia in the south of Italy, is an excellent choice. The moderate tannins of Primitivo will complement and stand up to this dish.

Next Week's Menu

AVAILABLE WEEK OF 10TH AUGUST



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