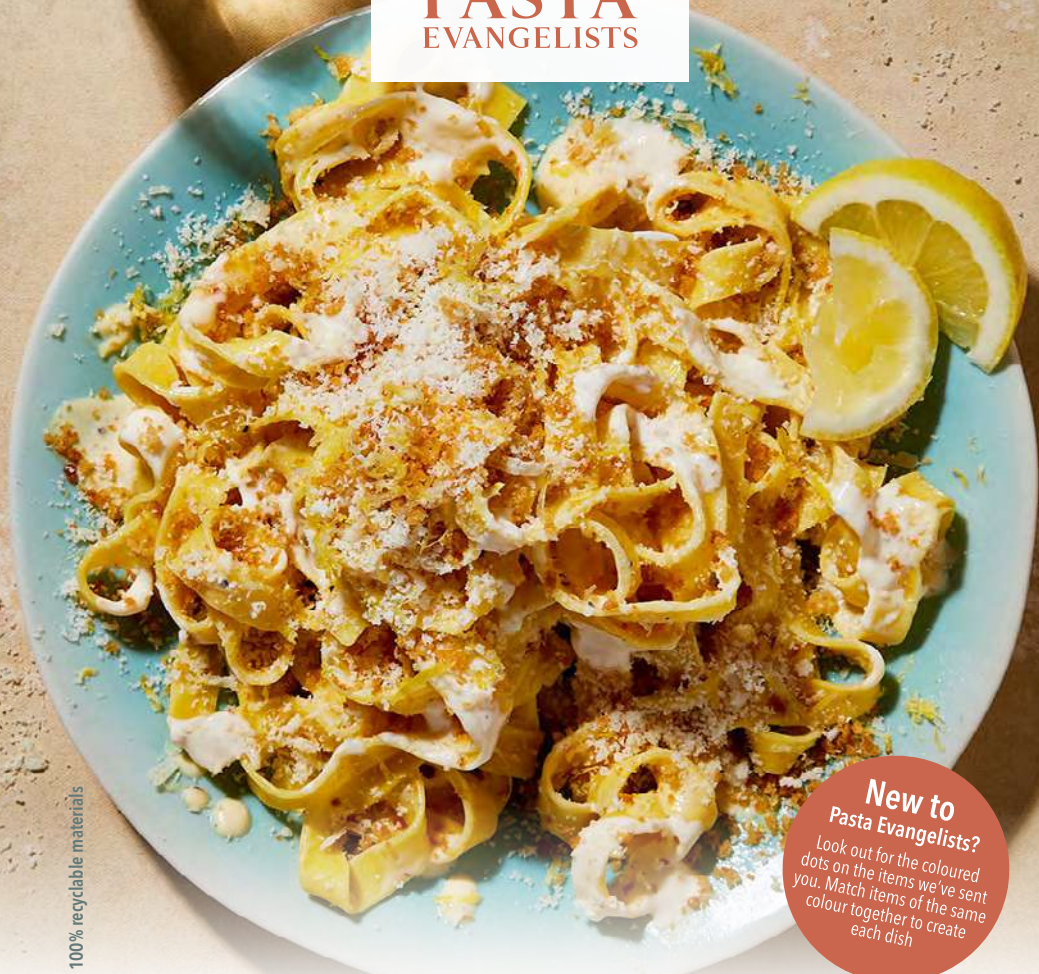




PASTA
EVANGELISTS



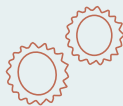
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Pasta Evangelists?**
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colour together to create
each dish

THIS WEEK'S MENU

FROM 10TH - 16TH AUGUST

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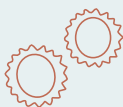
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This Week's Menu

MEAT PASTA

- 'Nduja Sausage & Burrata Tortelloni with a Sage Butter Sauce ●
- Venetian Duck Ragù with Pappardelle ●
- Sausage Ragù with Fresh Conchiglioni ●
- Gnocchi with a Beef & Barolo Wine Ragù ●

SEAFOOD PASTA

- Lobster, Crab & Prawn "Sunflower" Ravioli with a Sage Butter Sauce ●

VEGETARIAN PASTA

- Tagliatelle with an Amalfi Lemon Sauce ●
- Fusilli with Seasonal Datterini Tomato Sauce ●

VEGAN PASTA

- Orecchiette with Sicily's Pistachio Pesto ○

OTHER PASTA

- Pumpkin Ravioli with Sage Butter & Hazelnut Crumb ●

GLUTEN FREE PASTA


- Spaghetti alla Carbonara with Crispy Pancetta ●



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.

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



Match all
items with a
pink
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 burrata in the filling.

Sangiovese

'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: 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 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**)

'Nduja & Burrata Tortelloni (200g):

Pasta 40% (Durum **WHEAT** Semolina, **WHEAT** Flour '00', **EGG**, Water), Filling 60% (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

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

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 labyrinthine 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 paired with thick ribbons of pappardelle.

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. While we do our best to ensure any bones are removed prior to cooking, there may be some fragments present in the sauce.

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** Semolina, **WHEAT** Flour, **EGG**, Rice Flour

Duck Ragù (160g):

Tomato, Duck Leg (30%), Cherry Tomatoes, Onion, Carrot, Taggiasche Olives (2%), White Wine (**SULPHITES**), Extra Virgin Olive Oil, Garlic, Black Pepper, Rosemary, Chicken Stock (contains **CELERY** seeds), Salt, Sugar, Bay Leaf

Italian Hard 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



Match all
items with
a yellow
sticker

Suggested Wine Pairing:

A light-bodied Syrah will complement this dish without overpowering the elegant duck flavours. The dark red fruit notes along with the subtle smokiness of this wine will pair well with the duck and olive in this sauce.

Syrah

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Match all
items with
a red
sticker



Suggested Wine Pairing:

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

Barbera
d'Alba

SAUSAGE RAGÙ WITH FRESH CONCHIGLIONI

ABOUT THE DISH

In Sardinia, an Italian island of the Mediterranean, you can ask any passerby - albeit in Sardu, the local language - what the secret to the island's special ragù is. Invariably, should you understand the vernacular, they will tell you that the perfect ragù alla Campidanese (named after the island's Campidano region) relies not on elaborate preparation but the use of as few ingredients as possible. Each, however, must be exquisite. And it's this stripped-back list of ingredients that makes this dish so special.

Whilst the secrets of our butchers' iconic salsiccia will remain so, we can reveal that we cook the sausage meat with a simple combination of the very best tomatoes, fennel seeds, onion and seasoning. And that's it. But don't let the simplicity of its preparation belie its exceptionally meaty flavour. We serve with conchiglioni, which perfectly capture every last morsel of our secret sausage ragù.

Conchiglioni is a larger version of conchiglie, the famous shell-shaped pasta. The name of this beautiful, beach-evoking pasta shape derives from the Italian word for seashell, "conchiglia". The Italian word "conchiglie", just like the English word "conch", shares the same Greek root in the form of kochýli, which means "shell".

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

METHOD

Note: Conchiglioni 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**)

Conchiglioni (165g):

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

Sausage Ragù (160g):

Passata, Pork Sausage (Pork (Origin UK), White Wine (**SULPHITES**), Garlic, Salt, Pepper) , Onion, Extra Virgin Olive Oil, Fennel Seeds, Salt, Black Pepper

Italian Grated Cheese (8g):

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

NUTRITION

per 100g

CALORIES PER SERVING: **902kcal**

Energy	1054kJ
Calories	252kcal
Fat	11.6g
Of which saturates	3.8g
Carbohydrates	25.8g
Of which sugars	1.9g
Protein	10.8g
Salt	1.4g

Gnocchi with a Beef & Barolo Wine Ragù

About the Dish

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 ragù is served with fresh gnocchi dumplings made using a mixture of flour and potato.

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 gnocchi in the boiling water for 2 minutes. When they rise to the surface of the water, they're ready.
3. Whilst the gnocchi cook, 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 gnocchi to the sauce. Toss gently to coat.
5. Finally, plate and sprinkle with the Italian cheese. Buon appetito.

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

Gnocchi (200g):

Potato Mix (Potato Flakes, Potato Starch, Modified Starch, Rice Cream, Salt, Flavouring, Spices), Ricotta Cheese (**MILK**), Grated Cheese (**MILK**), Free Range **EGG**, Salt, Nutmeg, White Pepper, Preservative E202

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: **611kcal**

Energy	694kJ
Calories	166kcal
Fat	4.5g
Of which saturates	1.3g
Carbohydrates	22.1g
Of which sugars	2.4g
Protein	7.3g
Salt	1.4g



Match all
items with
a purple
sticker

Barolo

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 ragù.

Match all
items with
a blue
sticker



Suggested Wine Pairing:

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

Provence
Rosé

LOBSTER, CRAB & PRAWN “SUNFLOWER” RAVIOLI WITH A SAGE BUTTER SAUCE

ABOUT THE DISH

Those lucky enough to have driven along the Italian coastline will be familiar with the small, family-run 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, family-run establishments that is most captivating. From aragosta - lobster in Italian - to the most beautiful crab & prawn, these little coastline eating spots typically source freshly-caught seafood directly from nearby fishermen in the morning, giving them time to prepare the catch and create simple but sublime dishes in time for hungry drivers to feast upon as lunchtime arrives.

In this dish, we've looked to this wonderfully idyllic scene of the Italian coastline for inspiration, choosing to serve this week's ravioli with mouthwatering lobster, prawn & succulent crab meat. To accentuate the flavour of - and indeed do justice to - these ingredients, we dress the ravioli in a simple, but beautiful, butter infused with sage (a fabulous pairing for seafood). To finish, we garnish with a little asparagi di mare (the Italians gorgeously, even poetically, refer to samphire as 'asparagus of the sea'). This final flourish adds a final whisper of the Italian seaside - and at its most beautiful.

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 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**)

Lobster, Crab & Prawn Ravioli (200g):

Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour "00", Pasteurised **EGGS** (24%), Water), Filling (Mascarpone Cheese (Pasteurised Cow **MILK**, Cream (**MILK**), Salt, Acidity Regulator ; Lactic Acid) , Prawn (**CRUSTACEAN**), Crab Meat (**CRUSTACEAN**), Lobster (**CRUSTACEAN**), Pangasius (**FISH**), Butter (**MILK**) , Onions, Potato Flakes, White Wine , Garlic, Salt, Parsley, Fresh Chilli Pepper, White Pepper.

Sage Butter (20g):

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

Samphire (9g):

Samphire

NUTRITION per 100g

CALORIES PER SERVING: 631kcal

Energy	1099kJ
Calories	264kcal
Fat	13.8g
Of which saturates	8.4g
Carbohydrates	26.4g
Of which sugars	1.2g
Protein	9.5g
Salt	0.8g

TAGLIATELLE WITH AN AMALFI LEMON SAUCE *(Vegetarian)*

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, summer-evoking 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.

We finish this dish with a light scattering of cheese and pangrattato (breadcrumbs), infused, again, with the fresh zest of lemons. 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: 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 and pangrattato. Buon appetito.

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

Tagliatelle (165g):

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

Lemon Sauce (125g):

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

Vegetarian Hard Cheese (8g):

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

Lemon Pangrattato (5g):

Breadcrumbs (**WHEAT** Flour, Water, Yeast, Salt), Olive Oil, Lemon Zest, Salt, Black Pepper

NUTRITION per 100g

CALORIES PER 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



Match all
items with
an orange
sticker

Sauvignon
Blanc

Suggested Wine Pairing:

The acidity of the lemon in this sauce needs an acidic wine to match it. Sauvignon Blanc has high acidity and strong citrus notes, which will complement this dish, while helping to cut through its creaminess.

  #PASTAEVANGELISTS



Match all
items with
a green
sticker

Suggested Wine Pairing:

A dry, medium to full-bodied Merlot with notes of dark red fruits, such as cherry and plum, will pair beautifully with this tomato-based dish, without overpowering the subtle basil flavours. Merlot has noticeable acidity, which will match the acidity of this tomato sauce.

Merlot

FUSILLI WITH SEASONAL DATTERINI TOMATO SAUCE *(Vegetarian)*

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, artisan fusilli – a world removed from the supermarket staple – are traditionally crafted and exhibit the most beautiful, jagged shape. Our fresh tomato and basil sauce is just that: exceptionally fresh and made with the best pomodori, namely the "datterini" variety, grown throughout Sicily. "Datterini" means "dates" in Italian, both in reference to their shape and sweetness. Fragrant fresh basil is chopped and added to the sauce whilst cooking, teasing out the taste of the datterini and completing this simple, but quintessentially Sicilian, sauce. Serve with a scattering of formaggio and delight in this dish.

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 3 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 sprinkle with the Italian cheese. Buon appetito.

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

Fusilli (165g):

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

Tomato and Basil Sauce (160g):

Datterini Tomatoes (77%), Water, Onion, Carrot, Extra Virgin Olive Oil, Basil, Salt, Garlic, Sugar, Black Pepper

Vegetarian Hard Cheese (8g):

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

NUTRITION per 100g

CALORIES PER SERVING: 546kcal

Energy	684kJ
Calories	164kcal
Fat	3.1g
Of which saturates	1.1g
Carbohydrates	26.1g
Of which sugars	2.3g
Protein	7.4g
Salt	0.5g

ORECCHIETTE WITH SICILY'S PISTACHIO PESTO *(Vegan)*

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: 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 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 pistachio crumb. Buon appetito.

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

Orecchiette (165g):
Durum **WHEAT** Semolina, Water, Rice Flour

Pistachio Pesto (70g):
Pistachio Nuts (**NUTS**) (28%), Extra Virgin Olive Oil, Vegan Cheese: (Water, Starch, Modified Starch, Coconut Oil, Sea Salt, Rice Protein, Flavoursings, Olive Extract, Colour: B-Carotene, Vitamin B12), Basil, Garlic, Salt

Pistachio Crumb (4g):
Pistachio Nuts (**NUTS**)

NUTRITION		per 100g
CALORIES PER SERVING: 863kcal		
Energy		1476kJ
Calories		355kcal
Fat		18.9g
Of which saturates		2.6g
Carbohydrates		35.9g
Of which sugars		1.7g
Protein		9.8g
Salt		0.3g

A top-down view of a light pink ceramic bowl filled with short, ridged pasta (like farfalle or shells) coated in a vibrant green pesto sauce. The pasta is garnished with sliced almonds and whole pistachios. In the upper left, a small white bowl contains a mix of almonds and pistachios. The background is a rustic, light-colored wooden surface with some scattered nut pieces. A white circular sticker is in the top right corner, and a yellow wine pairing box is in the bottom left.

Match all
items with
a white
sticker

Suggested Wine Pairing:

This bright, flavourful 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 pistachio pesto.

Sauvignon
Blanc

A top-down photograph of a light-colored ceramic plate filled with several square ravioli. The ravioli are golden-yellow and have a scalloped edge. They are topped with a generous amount of finely grated white cheese, likely Parmesan, and sprinkled with small, light-brown nuts, possibly hazelnuts. Several dark green, elongated leaves, possibly sage, are scattered across the dish. The plate is set on a light-colored, textured surface. In the top left corner, a small glass containing a yellow liquid is partially visible. A black circular sticker is placed in the upper left area of the image.

Match all
items with
a black
sticker

Suggested Wine Pairing:

A rich Chardonnay will accent the filling of this ravioli perfectly. Try to get a Chardonnay that has seen some oak as this will add to the richness, as well as adding notes of vanilla, caramel, and baking spices. These will match the pumpkin and hazelnut of this dish beautifully.

Chardonnay

PUMPKIN RAVIOLI WITH SAGE BUTTER & HAZELNUT CRUMB

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 they have laid claim to the notable title of 8th largest pumpkin producer 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. Burro e salvia - sage butter - accompanies the ravioli, as sage is well-recognised as a fantastic pairing for pumpkin and other squash, tempering their sweetness and adding an earthy, savoury flavour. To complete this dish, we've provided a crumb made from crushed nocciole (hazelnuts) which we source from Piemonte. Indeed, Piemontese hazelnuts are some of the world's finest - and we hope you'll agree they are a consummate pairing for this special pasta ripiena. A smattering of Italian grated cheese completes the dish perfectly.

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 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 and hazelnut crumb. Buon appetito.

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

Pumpkin Ravioli (200g):

Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour "00", Liquid Pasteurized **EGGS** (24%), Water), Filling (Pumpkin (33%), Ricotta Cheese (Pasteurised Cow's **MILK**, Cream (**MILK**), Salt, Acidity Regulator; Lactic Acid), Grana Padano (Cow's **MILK**, Salt, Rennet, Preservative: **EGG** Lysozyme), Shallots, Butter (**MILK**), Potato Flakes, Sage, Salt, White Pepper)

Sage Butter (20g):

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

Hazelnuts (4g):

Hazelnuts (**NUTS**)

Vegetarian Hard Cheese (8g):

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

NUTRITION per 100g

CALORIES PER SERVING: 636kcal

Energy	1113kJ
Calories	267kcal
Fat	14.2g
Of which saturates	7.2g
Carbohydrates	25.9g
Of which sugars	5.7g
Protein	8.7g
Salt	1.0g

SPAGHETTI ALLA CARBONARA WITH CRISPY PANCETTA *(Gluten Free*)*

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 una pasta buonissima, made in the artisan tradition and shaped into fresh strands of spaghetti.

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: 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, 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, Turmeric

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.



GLUTEN FREE

Match brown
stickers on
pasta, sauce
& garnish

Pinot Grigio

Suggested Wine Pairing:

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

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Next Week's Menu

AVAILABLE WEEK OF 17TH AUGUST



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This menu is made from 100% recyclable materials