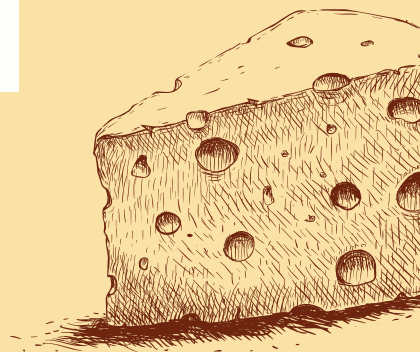


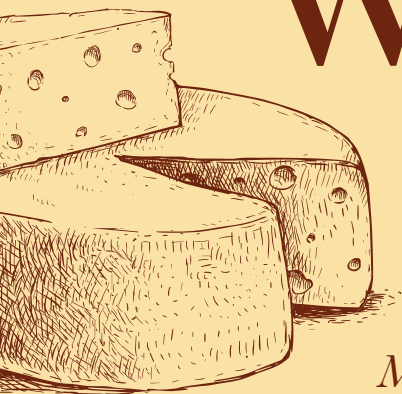
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PASTA
EVANGELISTS





CHEESE WEEK



Mediterranean Month

FROM 14TH - 20TH SEPTEMBER

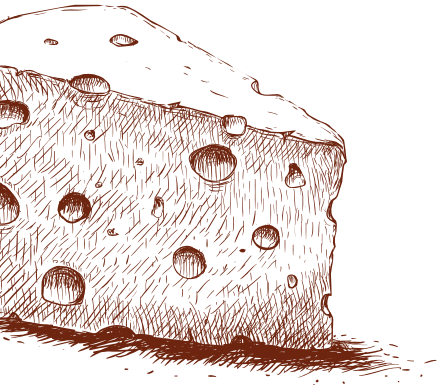
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**New to
Pasta Evangelists?**

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

MEDITERRANEAN MONTH

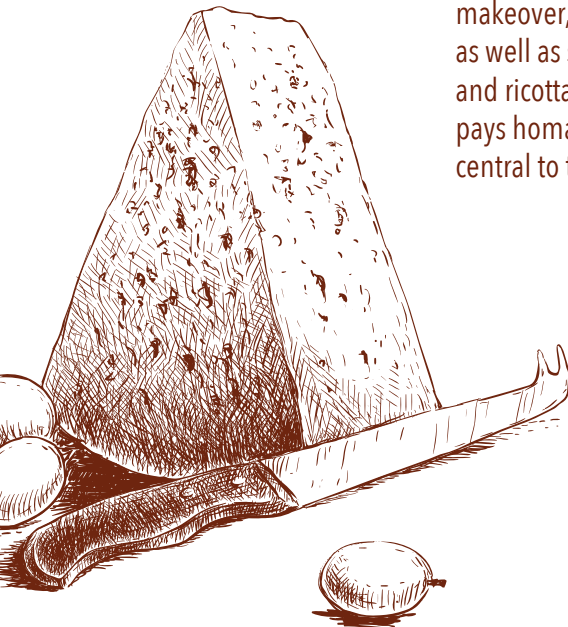
CHEESE WEEK



This week, as part of Mediterranean Month, we're honouring one of Italy's best-loved ingredients, cheese. From tangy Pecorino and Parmigiano Reggiano to creamy burrata, Italy's love affair with formaggio is an enduring one.

Cheesemaking in Italy was already established by the time of the Ancient Romans, though they also gorged on expensive foreign cheeses. By the Middle Ages, impoverished farmers looked to cheese as an abundant and nutritious food source. To this day, Italians still cherish formaggio, preserving the artisan traditions of cheesemaking.

Our menu this week has enjoyed a cheesy makeover, featuring iconic dishes like cacio e pepe, as well as star ingredients like Pecorino, scamorza and ricotta. Rich in calcium and protein, our menu pays homage to this invigorating ingredient, central to the Mediterranean diet. Buon appetito.



This Week's Menu

CHEESE WEEK MEAT PASTA

Malloreddus with Sausage Ragù & Pecorino Cream ●
'Nduja Sausage & Burrata Tortelloni with a Sage Butter Sauce ●

CHEESE WEEK VEGETARIAN PASTA

Courgette & Scamorza Ravioli with Amalfi Lemon Butter ●

OTHER CHEESE WEEK PASTA

Pecorino & Truffle Triangoli with Truffle Butter & Hazelnuts ●
Rome's "Cacio e Pepe" Cheese Sauce with Pici ○

MEAT PASTA

Carbonara of Dreams with Fresh Rigatoni & Pancetta ●
Mafalde with Beef Shin & Barolo Wine Ragù ●

SEAFOOD PASTA

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

VEGAN PASTA

Orecchiette with Sicily's Pistachio Pesto ●

CHEESE WEEK GLUTEN FREE PASTA

Penne alla Norma with Ricotta Salata Cheese ●



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
an orange
sticker

Suggested Wine Pairing:

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

Barbera
d'Alba

MALLOREDDUS WITH SAUSAGE RAGÙ & PECORINO CREAM

ABOUT THE DISH

Malloreddus, also known as 'gnocchetti sardi' ('small gnocchi from Sardinia'), hail from the Italian island of Sardinia, where they have been made for special occasions for centuries. The diminutive of 'malloru' ('bull' in Sardinian dialect), 'malloreddus' means 'fat little calves'. As tradition dictates, on the night of her wedding, a Sardinian bride will parade through town wearing silver jewellery with a large basket of malloreddus that she has made by hand. She is closely followed by her family until she reaches the doorstep of her betrothed, who scares off her entourage with rifle shots. The bride then enters, eating her malloreddus from the same plate as her new husband thus signalling the start of a happy and long-lasting marriage.

Those who hand-craft these little pearls of Sardinian cuisine follow a traditional process that involves cutting the pasta dough into cubes and pressing them against a ciuliri (a sieve or riddle traditionally made of straw). This is what creates their distinctive ridged conch-shaped form. Whilst they lend themselves to a variety of sauces, in true Sardinian fashion, we've paired our malloreddus with campidanese sauce, a traditional Sardinian ragù made with sausage, tomatoes and fennel seeds. We top this dish with a luscious Pecorino cream. This sharp cheese hails from Sardinia, where native sheep graze on verdant pastures. Pecorino is high in protein and calcium, and is a great source of omega-6 fatty acids.

Note: Keep chilled and consume or freeze on the day of delivery or the day after delivery.

METHOD

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for 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 and stir through the Pecorino cream. Toss gently to coat.
5. Finally, plate and sprinkle over the Italian cheese. Buon appetito.

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

Malloreddus (165g):

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

Sausage Ragù (160g):

Tomatoes, Pork Sausage (Pork (Origin: UK), White Wine (**SULPHITES**), Garlic, Salt, Pepper), Onion, Carrot, Extra Virgin Olive Oil, Salt, Garlic, Sugar, Fennel Seeds, Chicken Stock (Contains **CELERY** Seeds), Black Pepper

Vegetarian Italian Grated Cheese (8g):

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

Pecorino Cream (25g):

Water, Pecorino Cheese (**MILK**), Sugar

NUTRITION

per 100g

CALORIES PER SERVING: 879kcal

Energy	1027kJ
Calories	246kcal
Fat	11.1g
Of which saturates	4.0g
Carbohydrates	25.4g
Of which sugars	2.0g
Protein	11.2g
Salt	1.4g

'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: Keep chilled and consume or freeze on the day of delivery or the day after delivery.

METHOD

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

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

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

'Nduja & Burrata Tortelloni (200g):

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

Sage Butter (20g):

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


Vegetarian Italian Grated Cheese (8g):

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

NUTRITION per 100g

CALORIES PER SERVING: 723kcal

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



Match all
items with a
pink
sticker

Sangiovese

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.

  #PASTAEVANGELISTS

Match all
items with
a black
sticker



Suggested Wine Pairing:

A fruit forward, crisp, dry white wine, such as a lovely Pinot Grigio, is perfect with this scamorza and courgette filled pasta. The bright acidity will help cut through the richness of the scamorza and lemon butter while the fruity notes will complement the courgette.

Pinot Grigio

COURGETTE & SCAMORZA RAVIOLI WITH AMALFI LEMON BUTTER *(Vegetarian)*

ABOUT THE DISH

For this delicate dish, we source inspiration from the Bay of Naples or, more specifically, to a local beachside restaurant called Maria Grazia on the Sorrento coast. Maria Grazia is the spot where, in the early 1950s, local restaurateur Maria invented Pasta alla Nerano, a humble courgette pasta dish which soon became legendary in this part of the world. Many chefs have since imitated the recipe across the Amalfi Coast peninsula, transforming the dish, which is simply fresh, homemade pasta tossed with fried zucchini and a local cheese, into a traditional delicacy in the region.

For our ravioli filling, we pair fresh courgette with scamorza, a smoked cheese typical of Campania. Scamorza belongs to the 'Pasta Filata' family of cheese, in which curds are stretched in hot water, resulting in a delightfully stringy and elastic cheese. The distinct pear-shaped cheese earns its name from its production process, in which the formed scamorza is hanged and left to ripen for around 2 weeks. Somewhat barbarically, then, in Southern Italy, 'scamorza' roughly translates to "beheaded" - a nod to the hanging of the cheese.

Courgettes are a great source of fibre and Vitamin C and scamorza is high in protein. When these ingredients are combined, the result is a healthy yet flavoursome pairing that epitomises the Mediterranean diet. It's also a nod to Pasta alla Nerano, a recipe which is thought of as a "local secret" in Campania, as it is little-known outside the villages scattered along the region's beautiful coastline. To serve our ravioli, we've included a zesty Amalfi lemon butter, as well as a sprinkling of our crushed fennel taralli.

Note: Keep chilled and consume or freeze on the day of delivery or the day after delivery.

METHOD

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

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for around 3 minutes.
3. Whilst the pasta cooks, put the lemon 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 lemon butter. Toss gently to coat.
5. Finally, plate and sprinkle with the taralli crumb. Buon appetito.

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

Courgette & Scamorza Ravioli (200g):

Pasta (Durum **WHEAT** Semolina, **WHEAT** Flour, Pasteurized **EGG** (18%), Preservative E202, Rice Flour), Filling (Courgettes (50%), Mascarpone Cheese (**MILK**) (19%), Scamorza Cheese (**MILK**) (19%), Vegetarian Hard Grated Cheese (**MILK**), Emulsifier (Potato Flakes, Starch, Rice Cream, Vegetable Fibre), Salt, Pepper, Preservative E202), Rice Flour

Lemon Butter (20g):

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

Fennel Taralli Crumb (5g):

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

NUTRITION

per 100g

CALORIES PER SERVING: 664kcal	
Energy	1214kJ
Calories	291kcal
Fat	18.3g
Of which saturates	10.9g
Carbohydrates	16.9g
Of which sugars	3.1g
Protein	15.4g
Salt	1.6g

MEDITERRANEAN MONTH

CHEESE WEEK



Here at Pasta Evangelists HQ, our collective obsession with cheese is almost as fervent as our devotion to pasta. *Almost.*

And while our love for cheese is enduring, one member of our team's quest to satiate her late-night burrata cravings came with a stern warning. Our Head Chef, Roberta, is always happy to detail her learning of the dreaded 'Saints of Paradise'...

"Whenever I'd had a little bit too much to drink on an evening, I'd take a detour on my journey home and stop off at the caseificio, or cheesemonger's, during the twilight hours. They made cheese through the night, and were always more than happy to accommodate my martini-induced appetite.

Funny, those cheesemakers: they'd tell me not to eat the cheese hot or I'd be up all night... seeing all the saints of Paradise in the toilet!" To save you reading between the lines, burrata is best enjoyed cold.



PECORINO & TRUFFLE TRIANGOLI WITH TRUFFLE BUTTER & HAZELNUTS

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: Keep chilled and consume or freeze on the day of delivery or the day after delivery.

METHOD

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

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for around 3 minutes.
3. Whilst the pasta cooks, put the 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, **WHEAT** Flour, Pasteurized **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), Rice Flour

Truffle Butter (20g):

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

Hazelnut Crumb (4g):

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



Match all
items with
a yellow
sticker

Chardonnay

Suggested Wine Pairing:

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, with the moderate acidity cutting the creaminess of the filling.



Match all
items with
a white
sticker

Suggested Wine Pairing:

This rich sauce is best enjoyed with a bold, fruit forward red wine, making a Chianti Classico the perfect match. Chianti Classico is generally quite acidic, which will help cut through the creaminess of the cacio e pepe sauce, while not overpowering it.

Chianti
Classico

ROME’S “CACIO E PEPE” CHEESE SAUCE WITH PICI

ABOUT THE DISH

An iconic dish of the Eternal City, cacio e pepe translates to “cheese and pepper”, albeit strangely making no mention of the more recognised “formaggio”. The choice of the lesser known lexicon reflects an interesting linguistic nuance. The more familiar “formaggio” derives from the Latin “forma”, meaning shape or mould. In contrast, “cacio” comes from the Latin “caseus”. Indeed, the English “cheese” stems from the same root, hence the shared initial consonant. The Latin caseus is also the basis for the modern English word casein, the technical name for milk-derived protein.

Whilst “formaggio” is the more widely used of the two, “cacio” is prevalent in the south. Parking this linguistic digression, the traditional base for this sauce sees the inclusion of just 2 ingredients: black pepper and Pecorino Romano cheese. The result is a deceptively simplistic sauce packed with flavour, much like a stripped-back ‘mac n cheese’, but suitably more rustic and Italian in spirit. The creamy indulgence of this Roman sauce makes it the perfect accompaniment to our pici, which although bearing visual resemblance to the more common spaghetti, aren’t to be confused. Pici are distinguished by their thicker, more robust strands, ideal for lapping up every last drop of the cacio e pepe sauce. Cheese lovers, this is your moment.

Note: Keep chilled and consume or freeze on the day of delivery or the day after delivery.

METHOD

Note: Pici can take a little longer to cook. We like around 5 minutes, but cook for longer if you prefer your pasta soft. 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 around 5 minutes. Stir regularly to prevent sticking.
3. Whilst the pasta cooks, put the cacio e pepe sauce in a large bowl. Add 1tbsp (15ml) of warm water to the sauce and mix together. Be careful not to add boiling water as this will cause the sauce to break.
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**)

Pici (165g):

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

Cacio e Pepe Sauce (125g):

Pecorino Romano Cheese (**MILK**), Grana Padano Cheese (**MILK**, Salt, Rennet, **EGG** Lysozyme), Mascarpone Cheese (**MILK**), Black Pepper

Vegetarian Italian Grated Cheese (8g):

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

NUTRITION per 100g

CALORIES PER SERVING: 906kcal

Energy	1270kJ
Calories	304kcal
Fat	13.5g
Of which saturates	7.8g
Carbohydrates	27.9g
Of which sugars	1.1g
Protein	17.2g
Salt	1.0g

CARBONARA OF DREAMS WITH FRESH RIGATONI & PANCETTA

ABOUT THE DISH

The word “rigatoni” comes from the Italian root “rigare”, meaning to score lines or mark lines into something. 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. Finished with a further lashing of cheese, allow yourself to be transported to Roma by this classic dish with a distinctively premium twist.

Note: Keep chilled and consume or freeze on the day of delivery or the day after delivery.

METHOD

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for 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**), **EGG** Yolk (18%), Italian Grated Cheese (**MILK**, Salt, Rennet), Salt, Black Pepper, Turmeric

Pancetta (35g):

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

Vegetarian 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 purple
sticker



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.

  #PASTAEVANGELISTS

Match all
items with
a red
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

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 special 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.

Note: Keep chilled and consume or freeze on the day of delivery or the day after delivery.

METHOD

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

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

Tomatoes, Diced Beef Shin (Origin: Republic of Ireland) (27%), Onion, Carrot, **CELERY**, Barolo Wine (**SULPHITES**), Extra Virgin Olive Oil, Salt, Garlic, Beef Stock (contains **CELERY** seeds), Sugar, Thyme, Bay Leaf, Black Pepper

Vegetarian 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





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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: Keep chilled and consume or freeze on the day of delivery or the day after delivery.

METHOD

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

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for around 2-3 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", **EGGS** (24%)), Filling (Mascarpone Cheese (Pasteurised Cow **MILK**, Cream (**MILK**), Salt, Acidity Regulator ; Lactic Acid), Peeled Prawns (17%) (**CRUSTACEAN**), Crab Meat (11.5%) (**CRUSTACEAN**), Lobster (11.5%) (**CRUSTACEAN**), Butter (**MILK**), Onions, Potato Flakes, White Wine (**SULPHITES**), Garlic, Salt, Parsley, Fresh Chilli Pepper, White Pepper), Rice Flour

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

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 acidity helps to cut through their richness. Serve this wine cold and enjoy.

Provence
Rosé



Match all
items with
a green
sticker

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Sauvignon
Blanc

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.

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, alongside other nuts like almonds and walnuts, are key ingredients in the Mediterranean diet, and are loaded with antioxidants & nutrients, such as vitamin B-6 and potassium.

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: Keep chilled and consume or freeze on the day of delivery or the day after delivery.

METHOD

Note: Orecchiette can take a little longer to cook. We like around 3 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 at least 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**) (29%), Extra Virgin Olive Oil, Vegan Cheese: (Water, Starch, Modified Starch, Coconut Oil, Sea Salt, Rice Protein, Flavoursings, Olive Extract, Colour: B-Carotene, Vitamin B12), Garlic, Salt

Pistachio Crumb (4g):

Pistachio Nuts (**NUTS**)

NUTRITION per 100g

CALORIES PER SERVING: 863kcal

Energy	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

PENNE ALLA NORMA WITH RICOTTA SALATA

CHEESE *(Gluten Free)*

ABOUT THE DISH

In this week's limited edition 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 cut into beautiful pieces of penne.

Pasta "alla Norma" is named after the opera "Norma" from the composer Vincenzo Bellini, who was born in 19th century Catania, Sicily's second-largest city. Our Norma sauce is made from aubergines grown in the outskirts of this sun-drenched island city.

Tomatoes are just as important to the success of a Norma sauce - here, we use the plump and blushing San Marzano variety, whose thick flesh and sweet taste evoke the best of Italy in summer. A final scattering of Ricotta salata - a firm, salty cheese - completes this typical Sicilian dish. And we have to tell you, it really is sublime.

Note: Keep chilled and consume or freeze on the day of delivery or the day after delivery.

METHOD

1. Bring a large saucepan of generously salted water to the boil.
2. Cook the pasta in the boiling water for 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 sprinkle with the ricotta salata. Buon appetito.

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

Gluten Free Penne (165g):

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

Norma Sauce (160g):

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

Ricotta Salata Cheese (8g):

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

NUTRITION per 100g

CALORIES PER SERVING: 414kcal

Energy	520kJ
Calories	124kcal
Fat	1.4g
Of which saturates	0.5g
Carbohydrates	14.4g
Of which sugars	2.4g
Protein	6.7g
Salt	0.7g

*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

Suggested Wine Pairing:

Pinot Noir's characteristic fruitiness and bright acidity will pair wonderfully with this dish. This medium-bodied wine holds up to the flavourful mix of aubergine, tomato and ricotta salata in this dish.

Pinot Noir

Next Week: Vegetable Week

AVAILABLE WEEK OF 21ST SEPTEMBER

Next week, our menu showcases some of the freshest produce grown on Italian soil. From wild mushrooms to fresh peppers & tomatoes, vegetables are a key component of the Mediterranean diet. We've also added extra vegan & gluten free options.



Mafalde with Cavolo Nero Pesto

Paccheri with Red Pepper Pesto from Calabria



Wild Mushroom Triangoli with Truffle Butter Sauce



Casarecce with Datterini Tomato & Basil Sauce (vegan!)

Tagliatelle with Fresh Basil Pesto & Pine Nuts



Summer Pea & Mint Ravioli with Wild Rocket Pesto (vegan!)

PRE-ORDER AT [PASTAEVANGELISTS.COM](https://pastaevangelist.com)

This menu is made from 100% recyclable materials