





**PASTA  
EVANGELISTS**  
*made in London*




## THIS WEEK'S MENU

FROM 6TH TO 12TH APRIL

SHARE YOUR PASTA CREATIONS WITH   #PASTAEVANGELISTS

This menu is made from 100% recyclable materials



With Easter (or Pasqua) happening at the end of this week, we thought we'd share some of our ideas for how to celebrate this very Italian holiday in the comfort of your home. Whether or not you are holding an Easter egg hunt, these ideas will keep you busy on this special day.

First of all, why not make some pasta a casa? If you have eggs and flour, you can easily make some egg dough for tagliatelle, ravioli, or tortelloni. If you want to just use flour and water, try making orecchiette or trofie. Head to our blog at [pastaevangelists.com/blogs](https://pastaevangelists.com/blogs) to try our selection of recipes. Feel free to play around with whatever ingredients you have on hand to make a delicious Easter meal!

Second, in line with Italian tradition, try making a Colomba di Pasqua! This dessert is the Easter equivalent of the Christmas Panettone, and is a cake in the shape of a dove. Although believed to have originated in Northern Italy, Colomba di Pasqua can now be found throughout Italy in celebration of Easter. **Head to [pastaevangelists.com/colomba](https://pastaevangelists.com/colomba) for our recipe.**

Finally, in case you can't be with your loved ones on this special day, you can always send them a Pasta Care Package. Head to [pastaevangelists.com/carekits](https://pastaevangelists.com/carekits) for more information. £5 per box donated to Age UK.

All of us here at Pasta Evangelists are wishing you Buona Pasqua—and health and happiness during this difficult time!





# OUR PASTA MENU

## MEAT PASTA

Pappardelle with Beef Shin & Barolo Wine Ragù  
Sausage Ragù from Sardinia with Fresh Conchiglie  
Spring Lamb Ragù with Fresh Paccheri Pasta  
'Carbonara of Dreams' with Fresh Rigatoni & Crispy Pancetta

## SEAFOOD PASTA

Prawn & Chilli Tortelloni with Grissini Crumb, Samphire & Sage Butter

## OTHER PASTA DISHES

Black Truffle Mac & Cheese  
Paccheri with a Roasted Aubergine & Tomato Sauce with Ricotta Salata Cheese

## VEGETARIAN PASTA

Cavatelli with Courgette & Mint Pesto with Red Chilli  
Wild Mushroom Ravioli with Truffle Butter & Hazelnuts

## GLUTEN-FREE PASTA

Gluten-Free Casarecce Cacio e Pepe (Ultimate Cheese Pasta from Rome)



### 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.

# PAPPARDELLE WITH BEEF SHIN & BAROLO WINE RAGÙ

## ABOUT THE DISH

Pappardelle originate in Tuscany, a region known for rich, hearty sauces. Pappardelle are one of the widest flat pastas, meaning they are the perfect size to sop up meat sauces. The word "pappardelle" comes from the verb "pappare", meaning to "gobble up", which is exactly what people who come into contact with this classic Tuscan pasta invariably find themselves doing.

In this dish, chefs slowly - carefully - brown pieces of beef shin until they take on a deep, burnished hue. To pair, we have selected a fabulously rich and aromatic Barolo wine, quintessentially Tuscan, adding incredible depth and flavour to our ragù. Our beef shin ragù gently simmers for hours and hours until it reaches a consistency so silky that it ceases to cling to the bone.

## METHOD

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

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

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

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

Pappardelle (165g):

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

## 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  
red  
stickers on  
pasta, sauce  
& garnish





Match  
purple  
stickers on  
pasta, sauce &  
garnish



# SAUSAGE RAGÙ FROM SARDINIA WITH FRESH CONCHIGLIE

## ABOUT THE DISH

Incredibly, unapologetically meaty, the sausages we've used to prepare this dish are hand-made by expert butchers. And, although the craftsmanship and method that goes into making these sausages is a closely-guarded secret, what the butchers will tell us is that a great sausage demands just the right amount of fat and freshest of ingredients. 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 conchiglie (shells), which beautifully capture every last morsel of our secret sausage ragù.

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

## METHOD

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

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

Conchiglie (165g):

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

Sausage Ragù (160g):

Passata, Pork Sausage (Origin: UK, 42%), Onion, Extra Virgin Olive Oil, Fennel Seeds, Salt, Black Pepper

Pecorino Cream (25g):

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

Italian Grated Cheese (8g):

**MILK**, Salt, Rennet

## NUTRITION

per 100g

**CALORIES PER SERVING: 902 kcal**

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

# SPRING LAMB RAGÙ WITH FRESH PACCHERI PASTA

## ABOUT THE DISH

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

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

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

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

## METHOD

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

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

Paccheri (165g):

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

Lamb Shoulder Ragù (160g):

Lamb Shoulder (33%), Tomato, Water, Onion, Carrot, **CELERY**, Lamb Stock (contains **CELERY** seeds), Red Wine (**SULPHITES**), Extra Virgin Olive Oil, Mint, Salt, Garlic, Sugar, Rosemary, Bay Leaf, Thyme, Black Pepper

Italian Grated Cheese (8g):  
**MILK**, Salt, Rennet

## NUTRITION

per 100g

CALORIES PER SERVING: **706 kcal**

Energy	886kJ
Calories	212kcal
Fat	7.1g
Of which saturates	2.9
Carbohydrates	25.4g
Of which sugars	1.7g
Protein	11.1g
Salt	0.6g



Match  
black  
stickers on  
pasta, sauce  
& garnish





Match  
green  
stickers on  
pasta, sauce  
& garnish



# “CARBONARA OF DREAMS” WITH FRESH RIGATONI & CRISPY 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 12-month aged Italian cheese. Allow yourself to be transported to Roma by this classic dish with a distinctively premium twist.

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

## METHOD

1. Bring a large saucepan of generously salted water to a boil.
2. Cook the rigatoni in boiling water for at least 3 minutes, or until ‘al dente’ (check a piece before removing from the water).
3. Whilst the pasta cooks, pan-fry the pancetta until browned and crispy, then add carbonara sauce. Cover with a lid and gently heat until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the rigatoni to the sauce. Toss gently to coat.
5. Finally, scatter over the grated cheese. Buon appetito!

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

Rigatoni(165g):

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

Carbonara (125g):

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

Pancetta (35g):

Pork Meat (Origin: Belgium, 86%), Water, Salt, Potassium Chloride, Glucose Syrup, Maltodextrin, Vegetable Fibres, Spices, Stabiliser: E301, Acidifier (E331), Preservatives: E250, E252, Smoke Flavour, Beet Red Concentrate

Italian Grated Cheese (8g):

**MILK**, Salt, Rennet

## 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



# PRAWN & CHILLI TORTELLONI WITH GRISSINI CRUMB, SAMPHIRE & SAGE BUTTER

## 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. 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 tortelloni with mouthwatering prawn meat, with a hint of fresh chilli in the background. This, we find, accentuates the flavour of the seafood and imparts a little kick - far from fiery, though: this is a consummate dish of the sea and water. We dress the tortelloni in a simple, but beautiful, butter infused with sage (a fabulous pairing for seafood), as well as a sprinkling of Mario Fongo grissini crumb. To finish, we garnish with a little asparagi di mare (the Italians gorgeously, even poetically, refer to samphire as 'asparagus of the sea'), adding a final whisper of the Italian seaside - and at its most beautiful.

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

## METHOD

Note: Because our tortelloni are freshly made, some pieces may have slightly cracked and split. Not to worry, however, as they are equally delicious and will be well infused by the sage butter.

1. Bring a large saucepan of generously salted water to a boil.
2. Cook the tortelloni in boiling water for 3 minutes.
3. Whilst the pasta cooks, put the sage butter and samphire in a pan, cover with a lid and gently heat for 1 minute until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the tortelloni to the butter. Toss gently to coat.
5. Finish with the grissini crumb to taste. Buon appetito!

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

Prawn & Chilli Tortelloni (200g):  
Pasta (Durum **WHEAT** Semola, Soft **WHEAT** Flour, Pasteurized **EGG**, Preservative E202, Rice Flour), Filling (Prawns (47%) (**CRUSTACEAN**), Ricotta Cheese (**MILK**), Mascarpone Cheese (**MILK**), Emulsifier (Potatoes Flakes, Starch, Rice Cream, Vegetable Fibre), Butter (**MILK**), Shallot, White Wine (**SULPHITES**), Salt, Chilli (0.5%), Black Pepper, Preservative E2022  
Sage Butter (25g):  
Butter (**MILK**) (87%), Sage (10%), Salt, Black Pepper  
Mario Fongo Grissini Cumb (5g):  
**WHEAT** Flour, Italian Extra Virgin Olive Oil, Yeast, Salt, Malt (**BARLEY**)  
Samphirer (9g): Fresh Samphire

## NUTRITION

per 100g

CALORIES PER SERVING: 541 kcal

Energy	964kJ
Calories	232kcal
Fat	13.2g
Of which saturates	7.7g
Carbohydrates	18.1g
Of which sugars	1.3g
Protein	9.5g
Salt	1.9g

Match  
blue stickers  
on pasta,  
sauce &  
garnish



Match  
yellow  
stickers on  
pasta, sauce  
& garnish





# BLACK TRUFFLE MAC & CHEESE

## ABOUT THE DISH

In this week's Italo-Americano special, we've created the ultimate macaroni cheese, transforming a somewhat scorned American staple into something utterly irresistible. To do so, we've called upon a selection of beautiful cheeses from Italy, as well as a sumptuous scattering of gorgeous truffles sourced in Umbria. And whilst the original Italian immigrants to the United States might have balked at such decadence (l'emigrazione italiana was mainly driven by destitution and hopelessness), we think this dish is a suitably delicious tribute to the gastronomic heritage of Italy throughout the ages.

Indeed, there is ample reason to believe that macaroni cheese might even have its origins nel bel paese, for recipes including macaroni and cheese date back to the late thirteenth century in southern Italy. It is said that the classic American macaroni and cheese, as well as a pasta machine, returned with Thomas Jefferson to Virginia after a jaunt in Italy. His daughter, Mary Randolph, became the hostess of his house after Jefferson's wife died and is credited with inventing the dish using macaroni and Italian grated cheese. Later, the cheese was replaced in favour of cheddar cheese. Or so the story goes...

This Italo-American classic includes several varieties of Italian cheese, folded with fresh macaroni pasta and elevated to food lovers' paradise with shavings of truffle from the countryside of Umbria. Oh, amore!

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

## METHOD

1. Preheat the oven to 200°C.
2. Remove the lid from the mac & cheese and place it on a baking sheet.
3. Once the oven has reached 200°C, put the mac & cheese into the oven and cook for 15-20 minutes, or until heated through and piping hot.
4. Once cooked, use a fish slice to remove the mac & cheese from the baking sheet. Buon appetito!

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

Truffle Mac & Cheese (335g):

Pasta (Durum **WHEAT** Flour, Water), **MILK**, Cheddar (**MILK**), Emmental Cheese (**MILK**), Italian Grated Cheese (**MILK**, Salt, Rennet), Black Truffle Sauce (Mushrooms, Sunflower Oil, Olive Oil, Black Olives, Salt, Summer Truffle – Tuber Aestivum Vit, Flavouring) Black Truffle, Truffle Oil (Extra Virgin Olive Oil, Truffle Flavouring), Plain Flour (**WHEAT**), Chives, Salt, Black Pepper

Pangrattato Crumb (Breadcrumbs [**WHEAT**], Olive Oil, Salt, Black Pepper)

Pecorino Cream (25g):

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

## NUTRITION

per 100g

**CALORIES PER SERVING: 954 kcal**

Energy	1108kJ
Calories	265kcal
Fat	15.4g
Of which saturates	9.3g
Carbohydrates	20.7g
Of which sugars	2.5g
Protein	11.8g
Salt	1.1g

# PACCHERI WITH A ROASTED AUBERGINE & TOMATO SAUCE WITH RICOTTA SALATA CHEESE

## ABOUT THE DISH

Paccheri (pronounced pakkeri), are a large tubular-shaped pasta originating from Campania and Calabria. "Paccheri" literally translates to "slaps", which is derived from the sound they make when eaten. Paccheri were invented by Sicilian pasta makers in order to smuggle Southern Italian garlic into Prussia during the Middle Ages and early Renaissance. Prussian garlic was small and weak compared to the large, pungent, Italian cloves, so Italian farmers hid 4-5 cloves in each piece of paccheri and smuggled it across the northern border. Paccheri alla Norma is a traditional Sicilian dish named for the opera Norma, written by Sicilian-born composer Vincenzo Bellini. The Norma sauce is made from aubergines grown in the outskirts of Catania, a sun-drenched area in the east of Sicily. 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 beautiful scattering of Ricotta salata, a firm, salty cheese, completes this typical Sicilian dish. And we have to tell you, it's sublime.

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

## METHOD

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

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

Paccheri (165g):

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

Norma Sauce (160g):

Tomatoes (54%), Aubergine (23%), Water, Onion, Carrot, Red Wine (**SULPHITES**), Extra Virgin Olive Oil, Basil, Garlic, Sugar, Oregano, Black Pepper

Ricotta Salata Cheese (8g):

**MILK**

## NUTRITION

per 100g

**CALORIES PER SERVING: 516 kcal**

Energy	650kJ
Calories	155kcal
Fat	2.6g
Of which saturates	0.7g
Carbohydrates	25.7g
Of which sugars	2.0g
Protein	6.7g
Salt	0.5g

Match  
white  
stickers on  
pasta, sauce  
& garnish





Match  
orange  
stickers on  
pasta, sauce  
& garnish



# CAVATELLI WITH COURGETTE & MINT PESTO WITH RED CHILLI (VEGETARIAN)

## ABOUT THE DISH

The name of this pasta derives from the Italian "scavato", meaning "indented" – no doubt a reference to their distinctive ridged and elongated form. Cavatelli originate in Molise, the youngest – and often most forgotten – Italian region, established only in 1963 after parting ways with neighbouring Abruzzo. Chewy and extremely versatile, cavatelli lend themselves to a variety of meat and vegetable sauces. In this dish, we've opted for the latter, with a delightfully lush and summer-evoking pesto. And whilst we still have some time until the warm days of summer are welcomed in, we think this dish serves as a wonderful – and timely – herald of days to come; days where the sun shines in abundance.

What distinguishes this pesto from the classic Ligurian version is the addition of zucchini (courgette) and mint, both adding freshness. The use of chilli also marks a twist on the classic basil pesto found in the northern region of Liguria.

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

## METHOD

1. Bring a large saucepan of generously salted water to a boil.
2. Cook the cavatelli in the boiling water for at least 3-4 minutes, or until 'al dente' (check a piece before removing from the water).
3. Whilst the pasta cooks, put the pesto in a large bowl. Add 1-2 tbsp (15-20ml) of the boiling cooking water to the sauce and mix together.
4. Once cooked, transfer the cavatelli to the pesto. Toss gently to coat.
5. Finally, scatter over the pistachio crumb. Buon appetito!

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

Cavatelli (165g):

Durum **WHEAT** Semola, Water, Rice Flour

Zucchini & Mint Pesto (90g):

Courgette, Olive Oil, Vegetarian Hard Cheese (**MILK**, Salt, Vegetarian Rennet, **EGG** Lysozyme), Basil, Mint, Garlic, Chilli, Salt, Black Pepper, Pine Kernels

Vegetarian Cheese (8g):

**MILK**, Salt, Vegetarian Rennet, **EGG** Lysozyme

NUTRITION	per 100g
CALORIES PER SERVING: <b>600 kcal</b>	
Energy	952kJ
Calories	228kcal
Fat	6.7g
Of which saturates	2.0g
Carbohydrates	32.5g
Of which sugars	1.0g
Protein	9.0g
Salt	0.5g

# WILD MUSHROOM RAVIOLI WITH TRUFFLE BUTTER & HAZELNUTS (VEGETARIAN)

## ABOUT THE DISH

Italy's Alps and Apennine mountains are flourishing grounds for its citizens' favourite mushrooms. Indeed, in late autumn, something takes hold of Italians. It's not so much a fever, but rather a lust, a kind of earthy hunger as families set out for the hunting grounds once favoured by their ancestors. They're hungry for funghi, specifically for the porcini that sprout in the wooded hills of Piemonte, Toscana, Emilia-Romagna, Umbria and the hills of Veneto. It's these wonderful wild mushrooms that, together with ricotta cheese, shallots and several foraged herbs come together to create the filling of this week's ravioli.

Bringing a second - and perhaps even more extravagant - ingredient to the table, this week's ravioli also are lavished in a butter made using the treasured black truffle, foraged in the region of Umbria. Taken together with the wonderful, earthy flavours of the mushrooms, the truffle butter adds an exceptionally beautiful aroma. And with such munificent indulgence, we asked ourselves "why stop there?". And so we complete this beautiful, woodland-evoking dish with a sprinkling of Piemontese hazelnuts - in our opinion the world's most wonderful.

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

## METHOD

1. Bring a large saucepan of generously salted water to a boil.
2. Cook the ravioli in the boiling water for 3 minutes, or until 'al dente'.
3. Whilst the pasta cooks, put the truffle butter in a large pan, cover with a lid and gently heat for 1 minute until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the ravioli to the butter. Toss gently to coat.
5. Finally, scatter over the hazelnuts. Buon appetito!!

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

Wild Mushroom Ravioli (200g):

Fresh Pasta (Durum **WHEAT** Semola, **WHEAT** Flour, Free Range **EGG** (18%), Preservative E202, Rice Flour), Filling (Mixed Mushrooms with Porcini (35%), Ricotta Cheese (**MILK**), Shallots, Vegetarian Hard Grated Cheese (**MILK**), White Wine (**SULPHITES**), Emulsifier (Potato Flakes, Starch, Rice Cream, Vegetable Fibre), Extra Virgin Olive Oil, Parsley, Garlic, Mushroom Stock (Diced Mushroom 5%, Onion), Rosemary, Thyme, Salt, White Pepper, Preservative E202)

Truffle Butter (25g):

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

Hazelnuts (8g):

Hazelnuts (**NUTS**)

## NUTRITION

per 100g

CALORIES PER SERVING: **587 kcal**

Energy	1053kJ
Calories	252kcal
Fat	13.4g
Of which saturates	6.4g
Carbohydrates	24.7g
Of which sugars	1.8g
Protein	7.4g
Salt	0.8g



Match  
pink  
stickers on  
pasta, sauce  
& garnish



Match  
brown  
stickers on  
pasta, sauce  
& garnish



# GLUTEN-FREE CASARECCE CACIO E PEPE (ULTIMATE CHEESE PASTA FROM ROME)

## 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 una pasta buonissima, cut into beautiful pieces of casarecce.*

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 gluten free casarecce pasta. These rustic shapes, "casarecce" denoting their homemade appearance, have twisted ridges, making them ideal for lapping up every last drop of the cacio e pepe sauce. Cheese lovers, this is your moment.

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

## METHOD

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

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

Gluten-Free Casarecce (165g):

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

Cacio e Pepe Sauce (125g):

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

Italian Grated Cheese (8g):

**MILK**, Salt, Rennet

\*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 their will not be any traces present in your food.

## NUTRITION

per 100g

CALORIES PER SERVING: **825 kcal**

Energy	1158kJ
Calories	277kcal
Fat	15.8g
Of which saturates	9.0g
Carbohydrates	14.6g
Of which sugars	1.6g
Protein	18.2g
Salt	1.3g





# NEXT WEEK'S MENU

FROM 13TH APRIL



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