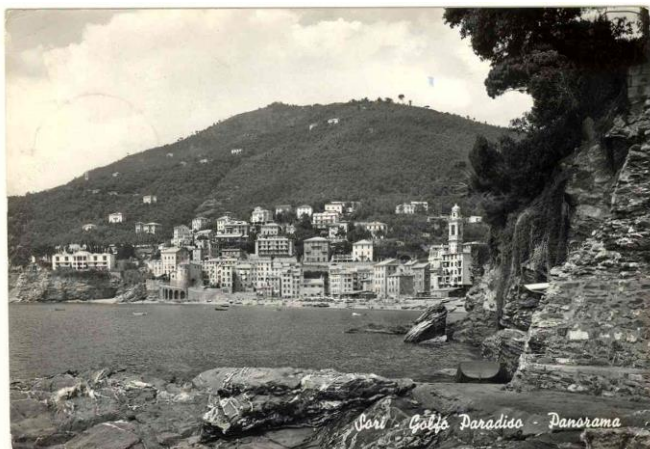




PASTA
EVANGELISTS

made in London

This Week's Menu



Week commencing 22nd July, 2019

Evangelise online by sharing a photo of your dishes:



Pasta Evangelists



#pastaevangelists #parmigianoreggiano
@pastaevangelists @parmigianoreggiano

Plant Power & Sustainability

Ciao! Grazie mille for ordering from Pasta Evangelists.

We're working hard to ensure our growing pasta business is as sustainable as possible.

In that spirit, we've devised a new plant eco-system for our Pasta Evangelists office! We'll be adorning the office with all sorts of plants and giving each its very own name. Our first office plant, now perched proudly on Poppy's desk, has been given the moniker 'Belezza Verde' (Green Beauty). And if you're wondering what's behind our green-fingered office transformation, it's because we're doing our best to build a business in harmony with the world around us. Our plants also clean up the air, making for a greener and more natural work space. Studies have shown they also boost productivity!

We also feel it's an appropriate celebration – and timely reminder – of the many plant derived ingredients we use to enhance the flavour of our pasta dishes!

An ode, if you will, to sage, garlic, fennel, lemons, chillies and tomatoes, all featuring heavily within this week's selection of dishes. Italian cuisine is, after all, known for the importance it places on high quality, natural ingredients. Reminding ourselves, then, of the connection we share with nature through food seems entirely necessary

Staying with sustainability, we've also created a new – and soon to be introduced – packaging design for our *tortelloni*. The minimal design eliminates multiple compartments, reducing our use of cardboard, whilst making it easier to transfer these little bundles of joy to the cooking pot and into hungry mouths!

Buon appetito!



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THIS WEEK'S PASTA MENU

MEATY PASTA

Malloreddus alla Campidanese with Sausage Ragù, Pecorino Cream & Parmigiano
Reggiano

Mafalde with Ragù alla Bolognese & Parmigiano Reggiano

SEAFOOD PASTA

Seabass Tortelloni with Sage Butter & Crushed Grissini

MEAT-FREE PASTA

Giant Gnocchi filled with Mozzarella & Tomato with Sicilian Tomato Sauce & Parmigiano
Reggiano

Trofie with a Ligurian Walnut Sauce, Walnut Crumb & Parmigiano Reggiano

VEGETARIAN PASTA

Spicy Bigoli 'alla Diavola' with a Tomato & Chilli Sauce & Vegetarian Italian Cheese (V.)

Asparagus Ravioloni with Garlic & Lemon Butter & Vegetarian Italian Cheese (V.)

Lemon & Ricotta Tortellini with Lemon Zest Pangrattato, Lemon-Garlic Butter &
Vegetarian Italian Cheese (V.)

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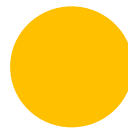
**MALLORDEDDUS ALLA CAMPIDANESE WITH
SAUSAGE RAGÙ, PECORINO CREAM &
PARMIGIANO REGGIANO**



**PARMIGIANO
REGGIANO**

Photograph: Tim Atkins | Share a photo of your dish online





Match with orange stickered pasta,
sauce and garnish

ABOUT THIS DISH

Malloreddus, also known as *gnocchetti sardi* ('small gnocchi from Sardinia'), hail from the Italian island of *Sardegna* 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.

This dish has been created in partnership with Parmigiano Reggiano, an inimitably flavoursome cheese produced exclusively in the region of Emilia Romagna. It is 100% natural and is still produced in Italy today as it was 900 years ago using only milk, salt and rennet.

METHOD

1. Bring a large saucepan of salted water to a boil.
2. Cook the *malloreddus* in the boiling water for 3-4 minutes until 'al dente' (check a piece before removing from the water).
3. Whilst the *malloreddus* cook, put the sausage *ragù* in a saucepan, add 1-2 tbsp (15-20ml) of the boiling cooking water, cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Transfer the pasta to the sauce & stir through the pecorino cream. Toss gently to coat.
5. Finally, scatter over the *Parmigiano Reggiano*. *Buon appetito*.

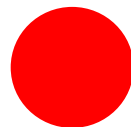
INGREDIENTS

(Allergens in **bold and underlined**):

Item	Weight	Ingredients	Nutrition (Dish)	Per 100g
Malloreddus	165g	<u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt,	Energy	1050kJ
Sausage Ragù	160g	Passata, Pork sausage meat (Origin: UK, 42%), Onion, Olive oil, Fennel seeds, Salt, Black pepper	Calories	251kCal
Pecorino Cream	25g	Water, Pecorino Cheese (<u>Milk</u>), Sugar	Fat	11.9g
Parmigiano Reggiano	8g	<u>Milk</u> , Salt, Rennet	Of which saturates	4.2g
			Carbohydrates	24.3g
			Of which sugars	1.9g
			Protein	11.4g
			Salt	1.4g

Consume within 2 days of delivery.

FREEZING: Both the *malloreddus* and the *ragù* can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The *malloreddus* should be cooked from frozen. The sausage *ragù* needs to be defrosted in the fridge overnight before cooking. From frozen, the pasta needs 1 minute's additional cooking time than the normal cooking time. Go Grande Portions are 30% larger. *This food has been prepared in a kitchen that also prepares celery, crustaceans, egg, fish, gluten, milk, mustard, molluscs, nuts, soya, sulphites, and therefore may contain traces of these.*



MAFALDE WITH RAGÙ ALLA BOLOGNESE & PARMIGIANO REGGIANO



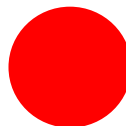
**PARMIGIANO
REGGIANO**

Photograph: Tim Atkins | Share a photo of your dish online





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Match with red stickered pasta, sauce
and garnish

ABOUT THIS DISH

There are few Italian sauces better known than this one, although on British menus you would be far more likely to encounter *Bolognese* sauce matched with spaghetti. Curiously, as ubiquitous a combination as this may be in British households, it's one that simply doesn't exist in Italy. Instead, in true *Bolognese* fashion *tagliatelle* or *pappardelle* are the more likely candidates – but certainly not spaghetti as any true Italian would tell you. The logic behind this is that the wider ribbons are better able to hold, and mop up, the substantial sauce. And in our beautiful *mafalde*, we think we have found the most *meravigliosa* partner for this week's *ragù*.

Mafalde, also known as *Reginette*, (Italian for 'little queen's') have a rather striking appearance; ribbon-shaped with beautiful wavy edges. In 1997 the Italian government named the pasta in honour of Princess Mafalda of Savoy. Princess Mafalda tragically died during WWII, whilst under arrest in a concentration camp. The entrancing shape of this pasta is said to evoke Princess Mafalda's curls.

This dish has been created in partnership with Parmigiano Reggiano, an inimitably flavoursome cheese produced exclusively in the region of Emilia Romagna. It is 100% natural and is still produced in Italy today as it was 900 years ago using only milk, salt and rennet.

METHOD

Note: Because our pasta is a fresh, artisan product, it is packaged with rice flour to prevent the pasta sticking together. When transferring to the pan, untangle, with your fingers, any strands which may have stuck together.

1. Bring a large saucepan of salted water to a boil.
2. Cook the *mafalde* in the boiling water for 3-4 minutes until 'al dente' (check a strand before removing from the water). Stir often to avoid the strands clumping together.
3. Whilst the pasta cooks, put the *Bolognese ragù* in a large pan, add 1-2 tbsp (15-20ml) of the boiling cooking water. Cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the *mafalde* to the *ragù*. Toss gently to coat.
5. Finally, sprinkle over the *Parmigiano Reggiano*. *Buon appetito*.

INGREDIENTS

(Allergens in **bold and underlined**):

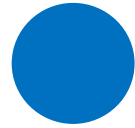
Item	Weight	Ingredients	Nutrition (Dish)	Per 100g
Mafalde	165g	<u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt	Energy Calories	884kJ 212kCal
Bolognese Ragù	160g	Tomato, Minced beef (origin: UK, 36%), Water, Onion, Carrot, <u>Celery</u> , Red wine (<u>Sulphites</u>), Extra virgin olive oil, Salt, Garlic, Sugar, Chicken stock (contains <u>celery</u> seeds), Rosemary, Black pepper	Fat Of which saturates Carbohydrates Of which sugars	6.6g 2.5g 25.7g 2.0g
Parmigiano Reggiano	8g	<u>Milk</u> , Salt, Rennet	Protein Salt	11.8g 0.6g

Consume within 2 days of delivery.

FREEZING: Both the *mafalde* pasta and the *bolognese ragù* can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The *mafalde* should be cooked from frozen. The *bolognese ragù* needs to be defrosted in the fridge overnight before. From frozen, the pasta needs 1 minute's additional cooking time than the normal cooking time. Go Grande Portions are 30% larger. *This food has been prepared in a kitchen that also prepares celery, crustaceans, egg, fish, gluten, milk, mustard, molluscs, nuts, soya, sulphites, and therefore may contain traces of these.*



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SEA BASS TORTELLONI WITH SAGE BUTTER & CRUSHED GRISSINI



Photograph: Tim Atkins | Share a photo of your dish online





Match with blue stickered pasta,
sauce and garnish

ABOUT THIS DISH

Sea bass, or *branzino* (as referred to in the north) or *spigola* (as referred to in the south), is a white, textured fish native to the waters surrounding the western volcanic island of *Ischia*, a destination the Pasta Evangelists team has visited and one we're incredibly fond of. Alessandro, our founder couldn't seem to get enough of this enchanting island returning this summer! Should you ever get the chance to visit this magical place, please do stop by the *Negombo* thermal gardens. Anyway, that's enough rambling! While sea bass tend to live in cooler oceans, they also, somewhat unusually, inhabit the warmer waters of the Gulf of Naples, which gives Italian sea bass a distinctive flavour.

The merits of this white fish, however, extend beyond its taste and texture, for it's also exceptionally healthy as a lean source of omega-3 fatty acids, protein and minerals. Consequently, it's the perfect filling for our delicate *tortelloni*. Our *tortelloni* are then finished with crushed *grissini*, adding a wonderful crunch, as well as a sumptuous sage butter that marries beautifully with our meaty fish filling.

METHOD

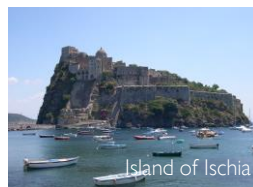
Note: Because our pasta is a fresh, artisan product, some pieces may have ever so slightly cracked and split; not to worry, however, they are equally as delicious and will infuse well with the sage butter. Please also be aware that the pasta is packaged with rice flour to prevent the pasta sticking to the packaging.

1. Bring a large saucepan of salted water to a boil.
2. Cook the *tortelloni* in the boiling water for 3-4 minutes until 'al dente' (test a corner of one of the *tortelloni* removing from the pan).
3. Whilst the *tortelloni* cook, put the sage butter in a pan, cover with a lid and heat until steaming. Once steaming, turn heat off.
4. Once cooked, transfer the *tortelloni* to the butter. Toss gently to coat.
5. Finally, transfer to a plate and sprinkle with crushed *grissini*. *Buon appetito.*

INGREDIENTS

(Allergens in **bold and underlined>**):

Item	Weight	Ingredients
Sea Bass Tortelloni	8 pieces	Pasta (56%): <u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt Filling (44%): Whitefish (Fish), Sea Bass (Fish) (30%), Mascarpone Cheese (<u>Milk</u>), Tomato Sauce, (Tomatoes, Onion, Olive Oil, Water, Basil, Salt, Sage, Rosemary, Bay Leaves), Black Olives, Capers, Parsley, Salt, Black Pepper
Sage Butter	25g	Butter (<u>Milk</u>), Sage Leaves, Salt, Black Pepper
Crushed Grissini	5g	<u>Wheat</u> Flour, Olive Oil, Yeast, Salt, Malted <u>Wheat</u> Flour



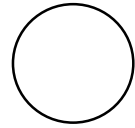
Nutrition (Dish)	Per 100g
Energy	1506kJ
Calories	361kCal
Fat	21.2g
Of which saturates	8.5g
Carbohydrates	25.1g
Of which sugars	0.9g
Protein	17.1g
Salt	0.9g

Consume within 1 day of delivery.

FREEZING: Both the *tortelloni* and the sage butter can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The pasta should be cooked directly from frozen. The butter needs to be defrosted in the fridge overnight before cooking. From frozen, the pasta needs 1 minute's additional cooking time than the normal cooking time. Go Grande Portions are 30% larger. *This food has been prepared in a kitchen that also prepares celery, crustaceans, egg, fish, gluten, milk, mustard, molluscs, nuts, soya, sulphites, and therefore may contain traces of these.*



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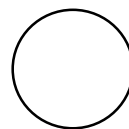
GIANT GNOCCHI FILLED WITH MOZZARELLA & TOMATO WITH A SICILIAN TOMATO SAUCE & PARMIGIANO REGGIANO



**PARMIGIANO
REGGIANO**

Photograph: Tim Atkins | Share a photo of your dish online





ABOUT THIS DISH

Traditional, non-filled *gnocchi* have a long history in Italian cuisine, dating all the way back to Ancient Roman times. *Gnocchi* in tomato sauce can be traced all the way back to the 16th century, as a meal served during the first of Verona's iconic *Carnevale* in 1531. Indeed, *gnocchi* have had such an enduring influence on this former Roman colony, that they've inspired a holiday. Appropriately named *Venerdi Gnocolar* – in English, 'Gnocchi Friday' – the holiday always falls during Carnival on the final Friday before Lent, a period during which meat is traditionally given up.

Gnocchi in tomato sauce became a filling and delicious vegetarian alternative, and to this day is still served at Verona's annual *Carnevale*. Filled *gnocchi*, however, are a new, and we think improved, 21st century version of this highly renowned dish. We carefully fill each individual *gnocco* with a rich, homemade tomato sauce and the freshest mozzarella cheese, ensuring every bite is bursting with flavour. An extra lashing of luscious *pomodoro* is added with a tomato sauce hailing from Sicily. Each blushing tomato used in our sauce is given ample time to soak up the sun's rays and the nutrient rich earth producing a resplendent red flesh and a flavour rarely matched by other tomatoes. The finishing touch is, of course, an extra helping of cheesy goodness with freshly grated shavings of *Parmigiano Reggiano*.

This dish has been created in partnership with Parmigiano Reggiano, an inimitably flavoursome cheese produced exclusively in the region of Emilia Romagna. It is 100% natural and is still produced in Italy today as it was 900 years ago using only milk, salt and rennet.

METHOD

Note: Because our pasta is a fresh, artisan product, some pieces may have ever so slightly cracked and split; not to worry, however, they are equally as delicious and will infuse well with the tomato sauce.

1. Place the *gnocchi* in a frying pan with some olive oil.
2. Pan-fry for 4 minutes until crisp and brown.
3. Whilst the *gnocchi* cooks, put the tomato sauce in large pan with a lid and heat until steaming. Once steaming, turn off the heat.
4. Transfer the *gnocchi* to the sauce. Toss gently to coat.
5. Finally, sprinkle with *Parmigiano Reggiano*. *Buon appetito*.

INGREDIENTS

(Allergens in **bold and underlined>**):

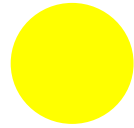
Item	Weight	Ingredients	Nutrition (Dish)	Per 100g
Gnocchi filled with Tomato & Mozzarella	11 pieces	Gnocchi (78%): Potato Puree, Water, Potato Puree contains: Potato Flakes (<u>Sulphites</u>) (42%), Maize Starch, Flour (<u>Wheat</u>), Salt, Potato Starch, <u>Milk</u> Powder, <u>Egg</u> Powder, Preservative: E223 (<u>Sodium metabisulphite</u>), Antioxidant: E304, Acidity regulator: E330, Emulsifier: E471, Stabilizer: E450 Filling (22%): Mozzarella Cheese (<u>Milk</u> , Salt, Rennet) (75%), Marinated slow roasted Tomatoes (Tomatoes, Sunflower Oil, Salt, Garlic, Oregano) (24%), Basil, Black Pepper	Energy Calories Fat Of which saturates Carbohydrates Of which sugars	574kJ 137kCal 4.9g .21g 18.0g 2.1g
Sicilian Tomato Sauce	90g	Tomatoes (77%), Water, Onion, Carrot, Extra virgin olive oil, Basil, Salt, Garlic, Sugar, Black pepper	Protein Salt	4.6g 0.7g
Parmigiano Reggiano	8g	<u>Milk</u> , Salt, Rennet		

Consume within 1 day of delivery.

FREEZING: Both the *gnocchi* and tomato sauce can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. Both the *gnocchi* and the sauce need to be defrosted in the fridge overnight before cooking. Go Grande Portions are 30% larger. *This food has been prepared in a kitchen that also prepares celery, crustaceans, egg, fish, gluten, milk, mustard, molluscs, nuts, soya, sulphites, and therefore may contain traces of these.*



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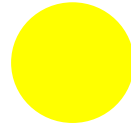
TROFIE WITH A LIGURIAN WALNUT SAUCE, WALNUT CRUMB & PARMIGIANO REGGIANO



**PARMIGIANO
REGGIANO**

Photograph: Tim Atkins | Share a photo of your dish online





Match with yellow stickered pasta,
sauce and garnish

ABOUT THIS DISH

This is a classic dish from *Genoa* that is very rarely available in other parts of Italy, let alone outside of 'lo stivale' (meaning 'boot' in reference to the Italian peninsula). Some people from outside of 'Zena' (Genova in the Genovese dialect) call this sauce *pesto di noci*, which, for a born and bred Genovese like our founder Alessandro, is akin to committing sacrilege. The correct term, rather, is *salsa di noci* (or 'sarsa de noxi' in local Genovese). Our *salsa di noci* is made with beautiful *Sorrento* walnuts sourced in *Campania*. It's a simple but incredibly elegant sauce, highlighting the subtle flavour of the walnuts by quietly featuring fresh marjoram, garlic and *parmigiano reggiano*.

Belin! (You may need to Google this – it's another local Genovese term...)

We serve our *salsa di noci* with *trofie*, a pasta shape originating from the enticingly named *Golfo Paradiso* (Gulf of Paradise, which we've featured on the cover page of our menu) – a rare unspoiled gem on the Italian Riviera that lies east of *Genoa*. Despite lying so close to *Genoa* itself however, *trofie* were not commonly found in the Ligurian capital until the mid-20th century. The word *trofie* itself derives from the Ligurian word *strufuggia* (closely linked to the Italian word 'strofinare', meaning 'to rub') in reference to the way in which this pasta is made; twisted, rolled, and rubbed on a pastry board. This peculiar technique is exactly what gives *trofie* their small, irregular spirals and lends this unique pasta type its artisanal qualities.

METHOD

1. Bring a large saucepan of well-salted water to a boil.
2. Cook the *trofie* in the boiling water for 3-4 minutes until 'al dente' (check a piece before removing from the pan).
3. Whilst the *trofie* cook, put the walnut pesto in a bowl. Add 1-2 tbsp (15-20ml) of the boiling cooking water to loosen off the pesto.
4. Once cooked, transfer the pasta to the pesto. Toss gently to coat.
5. Finally, sprinkle the pasta with the walnut crumb and the *Parmigiano Reggiano*. *Buon appetito*.

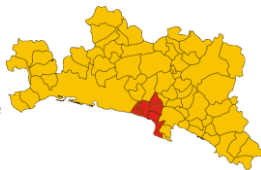
INGREDIENTS

(Allergens in **bold and underlined**):

Item	Weight	Ingredients
Trofie	165g	Durum <u>Wheat</u> Flour, Water
Walnut Pesto	70g	<u>Milk</u> , Walnuts (<u>Nuts</u>) (20%), Pine kernels, Olive oil, Parmesan (<u>Milk</u>), White bread (<u>Wheat</u>), Garlic, Marjoram, Salt
Walnut Crumb	8g	Crushed Walnuts (<u>Nuts</u>)
Parmigiano Reggiano	8g	<u>Milk</u> , Salt, Rennet

Nutrition (Dish)	Per 100g
Energy	1447kJ
Calories	348kCal
Fat	18.5g
Of which saturates	4.1g
Carbohydrates	33.6g
Of which sugars	1.1g
Protein	11.3g
Salt	0.4g

Highlighted in the image is the lesser known *Golfo Paradiso*, considered by many to be the northern equivalent of the 'Amalfi Coast'



Consume within 2 days of delivery.

FREEZING: The *trofie* can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The *trofie* should be cooked straight from frozen. The *pesto* needs to be defrosted in the fridge overnight before cooking. From frozen, the pasta needs 1 minute's additional cooking time than the normal cooking time. Go Grande portions are 30% larger. *This food has been prepared in a kitchen that also prepares celery, crustaceans, egg, fish, gluten, milk, mustard, molluscs, nuts, soya, sulphites, and therefore may contain traces of these.*



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**SPICY BIGOLI 'ALLA DIAVOLA' WITH A TOMATO & CHILLI SAUCE & VEGETARIAN ITALIAN CHEESE
(V.)**



Photograph: Tim Atkins | Share a photo of your dish online





Match with pink stickered pasta,
sauce and garnish

ABOUT THIS DISH

If you've ever tried our signature 'Carbonara of Dreams', this dish is its hot, dark and devilish counterpart. In the South of Italy a superstitious 'forma mentis' (shape of the mind in Latin) is so preponderant, its denizens are scarcely led astray – except by the region's abundant crop of hot chillies. Indeed, verandas of homes across southern Italy are adorned with beautiful hanging chillies so that, when an unholy need for deep, dark heat presents itself, such urges can be amply – and completely – satisfied.

It is this need for heat, or rather all things 'picante', that inspires this week's *alla Diavola* sauce, which as the name suggests (*diavolo* in Italian means devil) draws dark inspiration from the infernal heat of the underworld so many Italians fear – yet are so irresistibly drawn to (see below a photo of Dante's Inferno). Made with fiery Sicilian chillies and a base of San Marzano tomatoes – grown in the volcanic soils of Mount Vesuvius – this sauce is cooked slowly, taking on a deep scarlet hue. And given our proclivity to temptation, we've paired our *Diavola* sauce with fresh *bigoli* pasta, a thick, chewy strand perfect for indulging even the most gluttonous of appetites. Indeed we envisage Lucifer himself devouring a bowl of this pasta in the depths of the infernal regions, with its long coils twisted darkly around his fork. And whilst this dish is firmly rooted in firm and brimstone, a touch light comes in the form of vegetarian Italian cheese. Sometimes temptation really is all too great to resist...

METHOD

Note: Because our pasta is a fresh, artisan product, it is packaged with rice flour to prevent the pasta sticking to the packaging. When transferring to the pan, untangle, with your fingers, any strands which may have stuck together.

1. Bring a large saucepan of salted water to a boil.
2. Cook the *bigoli* in the boiling water for 9-10 minutes until 'al dente' (check a strand before removing from the pan). Stir often to avoid the strands clumping together.
3. Whilst the pasta cooks, put the tomato and chili sauce in a pan, add 1-2tbsp (15-20ml) of the boiling cooking water. Cover with a lid and gently heat until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the *bigoli* to the tomato and chili sauce and toss gently to coat.
5. Finally, finish with vegetarian Italian cheese. *Buon appetito.*

INGREDIENTS

(Allergens in **bold and underlined**):

Item	Weight	Ingredients	Nutrition (Dish)	Per 100g
			Energy	909kJ
Bigoli	165g	<u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt	Calories	217kCal
			Fat	3.6g
			Of which saturates	1.4g
Tomato & Chilli Sauce	125g	Tomatoes (81%), Onion, Garlic, Chilli, Basil, Salt, Black pepper	Carbohydrates	35.2g
			Of which sugars	2.6g
Vegetarian Italian Cheese	8g	<u>Milk</u> , Salt, Vegetarian Rennet, <u>Egg</u> Lysozyme	Protein	10.6g
			Salt	0.6g

Consume within 2 days of delivery.

FREEZING: Both the *bigoli* and the tomato & chilli sauce can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The *bigoli* should be cooked directly from frozen. The sauce needs to be defrosted in the fridge overnight before cooking. From frozen, the pasta needs 1 minute's additional cooking time than the normal cooking time. Go Grande Portions are 30% larger. *This food has been prepared in a kitchen that also prepares celery, crustaceans, egg, fish, gluten, milk, mustard, molluscs, nuts, soya, sulphites, and therefore may contain traces of these.*



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ASPARAGUS RAVIOLONI WITH GARLIC & LEMON BUTTER & VEGETARIAN ITALIAN CHEESE (V.)



Photograph: Tim Atkins | Share a photo of your dish online





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Match with purple stickered pasta
and garnish

ABOUT THIS DISH

Asparagus has experienced somewhat of an enduring cultural legacy within the Italian peninsula. Brought to the Mediterranean by the Egyptians, the asparagus growing beds in Northern Italy were famous during the Renaissance period. These graceful spears have always been considered a sign of elegance, and in times past, were a delicacy only the most affluent in the Roman Republic could indulge. Curiously enough, under Emperor Caesar Augustus, special boats – collectively known as the ‘Asparagus Fleet’ – were maintained to transport asparagus from source to table, while elite military units were employed to carry fresh spears high in the Alps, where it could be frozen for later use. A rather rudimentary, if ingenious form of conservation.

Our beautiful wild asparagus is foraged in the green regions of *Abruzzo*, where, as the summer sun takes hold, foraging for all manner of vegetables is a popular pastime of the *Abruzzesi* (those from *Abruzzo*). Whilst customarily served roasted, here we’ve used this lusciously fresh and seasonal vegetable as the centrepiece – quite literally – of our *ravioloni*. The distinctively fresh and earthy undertones of this vibrant produce are enhanced by the addition of an herbaceous garlic and lemon butter, lending a sweet intensity to this dish. We finish it off with a scattering of vegetarian Italian cheese, making for a wonderful textural contrast to the creamy, zesty butter.

METHOD

Note: Because our pasta is a fresh, artisan product, some pieces may have ever so slightly cracked and split; not to worry, however, they are equally as deliciously and will infuse well with the garlic & lemon butter. Please also be aware that the pasta is packaged with rice flour to prevent the pasta sticking to the packaging.

1. Bring a large saucepan of salted water to a boil.
2. Cook the *ravioloni* in the boiling water for 3-4 minutes until ‘al dente’ (test a corner of a piece).
3. Whilst the *ravioloni* cook, put the garlic and lemon butter in the pan, cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the pasta to the butter. Toss gently to coat.
5. Finally, sprinkle with the vegetarian Italian cheese. *Buon appetito.*

INGREDIENTS

(Allergens in **bold and underlined>**):

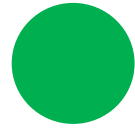
Item	Weight	Ingredients	Nutrition (Dish)	Per 100g
Asparagus	5 pieces	Pasta (37%): <u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt, Water	Energy	965kJ
Ravioloni		Filling (63%): Asparagus (48%), Ricotta Cheese (<u>Milk</u>), Italian Grated Cheese (<u>Milk</u> , Salt, Vegetarian Rennet, <u>Egg</u> Lysozyme), Breadcrumbs (<u>Wheat</u> Flour, Salt, Yeast), Salt, Black Pepper	Calories	232kCal
Garlic & Lemon Butter	25g	Butter (<u>Milk</u>), Garlic, Lemon Zest, Salt, Black Pepper	Fat	13.6g
			Of which saturates	8.2g
			Carbohydrates	17.0g
			Of which sugars	1.9g
			Protein	9.6g
			Salt	0.8g
Vegetarian Italian Cheese	8g	<u>Milk</u> , Salt, Vegetarian Rennet, <u>Egg</u> Lysozyme		

Consume within 1 day of delivery.

FREEZING: Both the *ravioloni* and the garlic & lemon butter can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The *ravioloni* should be cooked directly from frozen. The butter needs to be defrosted in the fridge overnight before cooking. Go Grande Portions are 30% larger. *This food has been prepared in a kitchen that also prepares celery, crustaceans, egg, fish, gluten, milk, mustard, molluscs, nuts, soya, sulphites, and therefore may contain traces of these.*



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**LEMON & RICOTTA TORTELLINI WITH LEMON
ZEST PANGRATTATO, LEMON-GARLIC BUTTER &
VEGETARIAN ITALIAN CHEESE (V.)**



Photograph: Tim Atkins | Share a photo of your dish online





Match with green stickered pasta,
sauce and garnish

ABOUT THIS DISH

Grown under the hot, golden rays of the Mediterranean sun, Italian lemons are widely considered amongst the finest in the world. The citrus fruit grows best in the warmer conditions of the Italian south, with Sorrento and the Amalfi Coast particularly regarded for their lemon crops. Lemons bring a tangy flavour and tart fragrance to Italian cuisine, where its refreshing presence dresses leafy salads and serves as a light marinade to spring and summer dishes.

To therefore celebrate *limoni* at their best, we've created a filling for this week's *tortellini* that, although remarkably simple, could scarcely be more Italian in spirit and inspiration, having been prepared using seasonal Italian lemons and *ricotta*, the classic soft cheese. The *ricotta*, snugly nestled within our *tortellini*, lends moisture and a delicious richness, whilst the zesty tang of lemon adds a welcome zing and freshness that so often characterises the flavour of this wonderful citrus. And whilst the large, more generous-feeling *tortelloni* have been our previous variation of choice, the smaller, simpler *tortellini* (the distinction lies in the ending –oni and –ini) seem fitting for what is a dish distinguished by simplicity.

METHOD

Note: Because our pasta is a fresh, artisan product, some pieces may have ever so slightly cracked and split; not to worry, however, they are equally as deliciously and will infuse well with the garlic & lemon butter. Please also be aware that the pasta is packaged with rice flour to prevent the pasta sticking to the packaging.

1. Bring a large saucepan of salted water to the boil.
2. Cook the *tortellini* in the boiling water for 3-4 minutes until 'al dente' (test a corner before removing from water).
3. Whilst the *tortellini* cook, put the garlic and lemon butter in a pan, cover with a lid and heat until steaming. Once steaming, turn off the heat.
4. Once cooked, transfer the pasta to the butter. Toss gently to coat.
5. Finally, sprinkle with the lemon *pangrattato* and the vegetarian Italian cheese. *Buon appetito.*

INGREDIENTS

(Allergens in **bold and underlined**):

Item	Weight	Ingredients	Nutrition (Dish) Energy	Per 100g 1185kJ
Lemon & Ricotta Tortellini	200g	Pasta (60%): <u>Wheat</u> Flour, <u>Egg</u> , Durum <u>Wheat</u> Flour, Salt, Water Filling (40%): Ricotta Cheese (<u>Milk</u>), Lemon, Salt	Calories	284kJ
			Fat	14.7g
			Of which saturates	8.4g
Lemon Pangrattato	5g	Breadcrumbs (<u>Wheat</u>), Olive Oil, Lemon Zest, Salt, Black Pepper	Carbohydrates	26.7g
			Of which sugars	1.9g
Garlic & Lemon Butter	25g	Butter (<u>Milk</u>), Garlic, Lemon Zest, Black Pepper	Protein	10.9g
			Salt	0.7g
Vegetarian Italian Cheese	8g	<u>Milk</u> , Salt, Microbial Rennet, <u>Egg</u> Lysozyme		

Consume within 1 day of delivery.

FREEZING: Both the *tortellini* and the garlic & lemon butter can be frozen (below -18 degrees °C) on day of delivery and keep for 1 month in the freezer. The *tortellini* should be cooked directly from frozen. The butter needs to be defrosted in the fridge overnight before cooking. From frozen, the pasta needs 1 minute's additional cooking time than the normal cooking time. Go Grande Portions are 30% larger. *This food has been prepared in a kitchen that also prepares celery, crustaceans, egg, fish, gluten, milk, mustard, molluscs, nuts, soya, sulphites, and therefore may contain traces of these.*

NEXT WEEK'S MENU

Pre-order at pastaevangelists.com now.

MEATY PASTA



'Ultimate Lasagne' with Beef & Barolo Ragù, Parmigiano Reggiano Bechamel & 30-Month Aged Parmigiano Reggiano Crust



Pappardelle with Pulled Pork Ragù, Prosciutto di Parma Crumb & Parmigiano Reggiano



Slow-Cooked Lamb Shoulder Ragù with Paccheri & Parmigiano Reggiano



Smoked Prosciutto & Scamorza Cheese Tortelloni with Sage Butter & Parmigiano Reggiano

MEAT-FREE PASTA



Orecchiette with Pistachio Pesto, Pistachio Crumb & Parmigiano Reggiano



Spinach & Ricotta Rotolo al Forno with Bechamel, Cherry Tomato Sauce & Parmigiano Reggiano

SEAFOOD PASTA



Prawn Girasoli with Lemon & Garlic Butter, Fresh Samphire & Lemon Zest Pangrattato

VEGAN PASTA



'Prince of Pumpkins' Tortelloni with Garlic Oil & Rosemary Pangrattato (Ve.)