

WHOLESOME ITALIAN

A collection of recipes from Angelo's Pasta





PUMPKIN FILLED RAVIOLI WITH ROAST PUMPKIN, ALMOND AND BASIL SAUCE



PREP.....0:10
COOK.....1:00
INGREDIENTS.....9
DIFFICULTY.....EASY
SERVINGS.....5

INGREDIENTS

650g Angelo's Pumpkin filled Ravioli
3 cups Roasted jap pumpkin, peeled and chopped
½ bunch fresh sage
½ cup almond meal
2 cloves chopped garlic
¼ cup chopped basil
¼ cup olive oil or vegetable oil
Salt and freshly ground pepper
1 cup pasta water

METHOD

Preheat oven to 180°C. Roast pumpkin in oven with a little olive oil, fresh sage and garlic. Once pumpkin is soft and nicely roasted, remove from oven and cool for 15 minutes. Place all ingredients (cooked pumpkin, almond meal, basil, salt & pepper) into food processor and blend until smooth.

Add olive oil a little at a time while continuing to blend until a smooth paste forms. Adjust salt and pepper to taste. If sauce is too thick, add a little pasta water (from the cooking pasta) to thin.

Cook Angelo's Pumpkin filled ravioli for 15 to 20 minutes in salted boiling water until *al dente*. Drain and reserve ½ cup of pasta water. Place cooked ravioli back into the pasta pot, pour in the pumpkin sauce, and stir gently with a wooden spoon until the ravioli is completely coated. Add more of the pasta water if sauce is still too thick.

Serve with shaved parmesan and torn fresh basil.



CHEF'S TIP

The pumpkin sauce is also great as a dip and can be frozen in smaller containers.



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RICOTTA AGNOLOTTI PASTA WITH WALNUT AND YOGHURT SAUCE



PREP.....0:10
COOK.....0:30
INGREDIENTS.....11
DIFFICULTY.....EASY
SERVINGS.....5

INGREDIENTS

500g Angelo's Ricotta Agnolotti
¼ cup walnuts, toasted and most of
the skins removed
¼ cup pine nuts, toasted
½ cup fresh bread crumbs (optional)
1 clove crushed garlic
1 cup Greek Yoghurt
½ cup chopped parsley
¼ cup olive oil to combine
Salt and freshly cracked pepper
½ cup pasta water

METHOD

Preheat oven to 170°C and roast walnuts and pine nuts until slightly brown
(around 5 to 10 minutes). Remove roasted nuts from the oven and rub walnuts in
a tea towel to remove skin. Remove and set aside a 1/4 cup of walnuts and
roughly chop, sprinkle these on top of pasta just prior to serving.

In a food processor, blend the remaining walnuts, pine nuts, yoghurt, bread
crumbs and garlic until combined and of a smooth consistency. Add the olive oil,
seasoning and parsley and blend again for 1 minute.

Cook Angelo's Ricotta Agnolotti for 15 to 20 minutes in salted boiling water until *al
dente*, then drain, reserving 1/2 a cup of pasta water. Toss the sauce through the
agnolotti and add a little pasta water to thin the sauce, if required.

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*What is
for dinner?*

*che cosa è
per cena?*



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POTATO GNOCCHI WITH PAN FRIED SALMON AND CREAMY SAFFRON AND LEMON SAUCE



PREP.....0:10
COOK.....0:40
INGREDIENTS.....7
DIFFICULTY.....**MEDIUM**
SERVINGS.....4

INGREDIENTS

4 x 200g portions of salmon, skin removed and boned

500g Angelo's Potato Gnocchi

2 cups pure cream or 1 tin Carnation milk (reduced fat variety can also be used, if preferred)

Zest of 1 lemon

Juice of half a lemon

Pinch of saffron threads

¼ cup dill leaves

Salt and freshly cracked pepper

METHOD

In a heavy-based pan, sear the salmon until still a little pink in the middle - approximately 5 to 6 minutes each side. Set the salmon aside and keep warm. (Salmon can also be baked or poached.)

In a heavy-based fry pan, add cream or Carnation milk, lemon zest and juice and bring to a simmer on low to medium heat. Place the saffron threads in a cup and steep in 2 tblsp of hot water for 2-3 minutes, to bring out the colour. Add the saffron threads and liquid to the cream and stir to infuse the colour, and adjust the seasoning. Reduce heat under pan to low and allow the sauce to simmer.

Cook Angelo's Potato Gnocchi in salted boiling water. As soon as gnocchi float to the water, use a slotted spoon to remove and add them to the saffron sauce, gently tossing the gnocchi to coat them. Allow the sauce to simmer with the gnocchi for 2-3 minutes until the sauce has thickened slightly. Stir in the dill and adjust seasoning, if required.

Place gnocchi on plate with the seared salmon on top and serve immediately.



COOKING TIP

The correct boiling point of water is when the water is bubbling and moving vigorously.



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TOMATO LINGUINI WITH CHILLI GARLIC PRAWNS



PREP.....0:10
COOK.....0:30
INGREDIENTS.....13
DIFFICULTY.....**MEDIUM**
SERVINGS.....4

INGREDIENTS

500g Angelo's Tomato Linguini
5L water
2 tsp salt
½ cup olive oil
12 truss cherry tomatoes
16 green tiger prawns, peeled and de-veined
4 cloves of garlic, thinly sliced
1 red onion, thinly sliced
3 long red chillies, deseeded and thinly sliced (keep the seeds in if you love a little more heat!)
Zest of 2 lemons
2 cups of Italian parsley leaves, picked off the stem
½ cup pasta water
Salt and freshly cracked black pepper

METHOD

Preheat oven to 170°C and roast tomatoes, drizzled in a little olive oil and seasoned with salt and pepper, until they slightly lose their form and the skin starts to split (around 20 to 30 minutes).

Cook Angelo's Tomato Linguini for 15 to 20 minutes in salted boiling water until *al dente* then drain and set aside, reserving ½ cup of pasta water.

Heat a large heavy-based frying pan and drizzle in a little olive oil. Cook the prawns on both sides until pink, remove from the heat and set aside. Add a little more oil to the pan and add in the sliced onion. Cook the onion until just soft then add in the garlic, chillies, lemon zest and cook until the garlic turns slightly opaque. Return the prawns to the pan and add the pasta water, seasoning and parsley.

Toss the pasta through the sauce until coated, adding a little more olive oil if sauce looks too dry. Add the roasted tomatoes and serve immediately.

Chef's tip: This recipe can be used with any of the dry or fresh Angelo's pasta range, but for something a little more special, try Angelo's Chilli Linguini or Parsley Fettuccine.



PUMPKIN PAPPARDELLE BAKED WITH PANCETTA, SPINACH AND MOZZARELLA



PREP.....0:15
COOK.....1:00
INGREDIENTS.....10
DIFFICULTY.....MEDIUM
SERVINGS.....6

INGREDIENTS

500g Angelo's Pumpkin Pappardelle
2 small jap pumpkins or 4 small individual pumpkins
3 eggs
1 cup pure cream
½ bunch fresh sage
2 cups fresh spinach leaves, ripped
½ cup chopped chives
100g pancetta, sliced and fried
2 cups grated mozzarella
Salt and freshly cracked pepper

METHOD

Preheat oven to 170°C. Cook Angelo's Pumpkin Pappardelle for 12 to 15 minutes in salted boiling water until *al dente*, as directed, drain and set aside.

If using jap pumpkins, cut the pumpkins in half through the stalk, scoop out the seeds and discard. Scoop out most of the flesh and dice into 2cm squares. Roast the pumpkin flesh with fresh sage and a little oil in the oven until the pumpkin has softened, but is still firm.

Place the scooped-out pumpkin shells onto a baking tray with baking paper and bake for 20 minutes until slightly softened when a knife is pushed through the thickest part of the pumpkin.

For the filling, in a large bowl, whisk the eggs and cream and season with salt and freshly cracked pepper. Add the cooked pancetta, roast pumpkin squares, chives, spinach, Pumpkin Pappardelle, and half the mozzarella. Stir the egg mixture gently through the cooked pasta to coat. Using tongs fill each of the pumpkin halves with the pasta mixture. Pile a bit more of the pumpkin, spinach and pancetta filling on top of the pasta.

Top each of the filled pumpkins with grated mozzarella and bake at 170°C for 45 minutes or until cooked through.

Allow the pumpkins to cool slightly before serving. Serve the pumpkins as-is or cut the pumpkins in half and serve with a garden salad.



COOKING TIP

As a general rule, you should cook 80g of pasta per person. Remember: pasta expands in volume once it is cooked.



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SPINACH PASTA RAVIOLI FILLED WITH RICOTTA AND SPINACH WITH ROAST CAPSICUM AND PINE NUT SAUCE



PREP.....0:10
COOK.....0:50
INGREDIENTS.....13
DIFFICULTY.....MEDIUM
SERVINGS.....5

INGREDIENTS

650g Angelo's Spinach and Ricotta Pasta Ravioli
3 red capsicums, oven roasted and peeled
2 tblsp olive oil
3 cloves garlic
1 small onion, diced
½ tsp fresh picked rosemary
¼ cup fresh basil leaves
¼ cup almond meal
½ cup toasted pine nuts
1 tblsp balsamic vinegar
2 tblsp tomato paste
Salt and freshly ground pepper
1 cup pasta water

METHOD

To roast capsicums, wash and place on an oven tray. Place capsicum in a preheated oven of 180°C for about 30 minutes. Capsicums should be turned every 10 minutes and are ready when their skin blisters and they start to collapse. Remove capsicums from the oven, cover with alfoil and a tea towel to maintain heat. After 15 minutes, remove one capsicum to clean, ensuring the others are kept covered. Remove stalk, seeds and skin and place capsicum on a clean plate. Continue until all capsicums have been cleaned.

Heat the olive oil in a small pot. Add garlic, onions, basil and rosemary . Cook until the onions are soft and opaque in colour. Remove from heat and allow to slightly cool.

In a food processor, place the peeled roasted capsicums, almond meal, toasted pine nuts, cooked onion, basil, rosemary and garlic mixture and blend for 1 minute. Add tomato paste and balsamic vinegar and blend until a smooth paste. Adjust salt and freshly ground pepper to taste. If sauce is too thick, add a little pasta water (from the cooking pasta) to thin.

Cook Angelo's Spinach and Ricotta ravioli for 15 to 20 minutes in salted boiling water until *al dente*, drain and reserve ½ cup of pasta water. Place cooked ravioli back into the pasta pot and pour over the capsicum sauce. Stir gently with a wooden spoon to coat the ravioli. Add more pasta water if sauce is still too thick.

Serve the ravioli garnished with fresh basil leaves.



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RAVIOLINI IN BRODO



PREP.....0:10
COOK.....4:00
INGREDIENTS.....6
DIFFICULTY.....EASY
SERVINGS.....4

INGREDIENTS

500g Angelo's meat- filled Raviolini

2L good quality chicken stock,
preferably home-made with an
organic chicken

Grated parmesan

½ cup picked parsley

Chicken Stock (Brodo)

1.5kg Organic Chicken

1 large onion

3 carrots

3 celery sticks, leave removed

1 bay leaf

Salt and pepper to taste

METHOD

Brodo

Place all ingredients in a large stock pot and fill with water to cover. Bring to the boil, reduce heat to medium-low and simmer, half covered, for 3 to 4 hours. Remove the chicken and vegetables and strain the stock through a fine sieve.

Allow to cool until you are ready to make Raviolini in Brodo. If you have made surplus stock, remove the fat from the surface and freeze immediately.

The cooked chicken and vegetables can be used in minestrone, salads or sandwiches.

The Dish

Bring 2 litres of chicken stock to a simmer, pour in Angelo's meat- filled Raviolini and cook in the stock for 15 – 20 minutes. Adjust seasoning if necessary. Ladle the raviolini and broth into bowls, top with freshly grated parmesan and sprinkle with picked parsley.



CRISPY RICOTTA TORTELLONI WITH BLUE CHEESE CREAM, ROASTED CHERRY TOMATOES AND PROSCIUTTO THREADS



PREP.....0:15
COOK.....0:45
INGREDIENTS.....15
DIFFICULTY.....HARD
SERVINGS.....40

INGREDIENTS

500g Angelo's Ricotta Tortelloni
2 eggs
2 cups bread crumbs
½ cup grated parmesan
1 cup plain flour
½ cup chopped parsley
Salt and pepper
1L vegetable oil for deep frying
50g gorgonzola or blue cheese
100g ricotta
½ lemon, juiced
8 slices of prosciutto
¼ cup parsley, finely chopped
Threads of lemon zest
30 – 40 roasted cherry tomatoes in oil (purchased from most good delicatessens)

METHOD

Cook Angelo's Ricotta Tortelloni for 15 to 20 minutes in salted boiling water until *al dente*, drain and allow the pasta to cool slightly.

Mix bread crumbs, grated parmesan, chopped parsley and salt. Crumb Angelo's Ricotta Tortelloni by rolling in flour, then in lightly beaten egg, and then the bread crumbs. Set aside.

Blend the blue cheese, ricotta, lemon juice and salt and pepper and set aside.

Thinly slice the prosciutto into threads, place onto a sheet of baking paper and bake in a moderate oven of 170°C for 10 minutes until crispy. Set the prosciutto aside to cool.

Heat oil and, in small batches, deep fry the tortelloni until golden. Drain on absorbent paper. To assemble the dish, place crumbed tortelloni on serving dish, top each tortelloni with a small teaspoon of the blue cheese mix. Place a cherry tomato on top of the cheese, then a little chopped parsley, the prosciutto threads and lastly a thread of lemon zest.

Serve warm as canapés with drinks or as an appetizer before a meal.



COOKING TIP

Do not run cold water over your pasta once it is cooked. This washes away starch and reduces the temperature of the pasta. The starch and heat help the sauce stick to your pasta.



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SPINACH AND PLAIN TAGLIARINI WITH FRESH TOMATO AND OLIVE SAUCE



PREP.....2:00
COOK.....0:15
INGREDIENTS.....13
DIFFICULTY.....EASY
SERVINGS.....6

INGREDIENTS

250g Angelo's Spinach Tagliarini
250g Angelo's Plain Tagliarini
8 tomatoes, finely diced
1 ½ cups extra-virgin olive oil
2 garlic cloves, crushed
1 large red onion, finely chopped
½ cup pitted black olives, chopped
½ cup green olives, chopped
2 tblsp fresh oregano, chopped
1 cup fresh parsley, chopped
Salt and freshly ground pepper
Pecorino cheese (optional)
Crumbled ricotta (optional)

METHOD

Place all ingredients except the pasta and the parmesan cheese into a large bowl. Mix ingredients well and allow the mix to sit in the fridge for a few hours to marinate.

Cook Angelo's Tagliarini plain and spinach pasta 10 to 12 minutes in salted boiling water until *al dente*. Drain, then toss through the sauce. Serve with shaved pecorino or crumbled ricotta cheese.

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*Kisses
to all xo*

*Baci
a tutti xo*



TAGLIATELLE PASTA WITH RICH MEAT RAGU



PREP.....2:00
COOK.....0:15
INGREDIENTS.....16
DIFFICULTY.....Medium
SERVINGS.....6

INGREDIENTS

500g Angelo's Tagliatelle Pasta
1 cup of olive oil
4 cloves of crushed garlic
1 white onion, finely diced
4 medium carrots, finely chopped
4 stalks of celery, finely diced
2 cups red wine
300g beef steak, cut into 3cm cubes
300g veal steak, cut into 3cm cubes
200g pork belly, cut in 3cm cubes
4L of Passato di pomodoro (fresh tomato puree available at any deli or supermarket in 1L bottles)
½ cup tomato paste
Salt and pepper
2 cups of basil leaves
¼ cup of fresh rosemary, leaves picked
Grated Italian parmesan to serve

METHOD

In a heavy-based saucepan, pour in the olive oil and allow to heat a little. Add in the onions, garlic, celery and carrots and cook until slightly browned and onions are opaque. Add in the beef, veal and pork and stir until all the meat is cooked on the outside. Add the red wine and allow the wine to cook into the meat. After 1 to 2 minutes, add the passato di pomodoro, tomato paste, salt, pepper, fresh basil leaves and rosemary. Bring the sauce to a slow boil then reduce heat to allow sauce to simmer.

Continue to cook the sauce on a simmer for at least 1½ – 2 hours , occasionally stirring and tasting. Adjust seasoning if necessary.

When a film of red oil sits on the top of the sauce, remove from heat and let stand.

Cook Angelo's Tagliatelle Pasta for 10 to 15 minutes in salted boiling water until *al dente*, the drain the pasta. Place a couple of ladles of the meat ragu into the saucepan in which you cooked the pasta and allow it to come back to the boil. Reduce the heat and add the cooked pasta, stirring with tongs to avoid breaking the pasta.

Add additional sauce to ensure pasta is fully coated. Divide pasta into bowls and top with more of the meat ragu. Sprinkle with grated parmesan, serve and enjoy.



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TRI-COLOURED BEEF FILLED TORTELLINI WITH MIXED MUSHROOM, THYME AND CREAM SAUCE



PREP.....0:10
COOK.....0:20
INGREDIENTS.....8
DIFFICULTY.....EASY
SERVINGS.....5

INGREDIENTS

500g Angelo's Tri-Coloured
meat -filled tortellini

2 tsp olive oil

200g Swiss brown mushrooms,
thinly sliced

200g white Agaricus mushrooms
(common white mushroom), thinly
sliced

3 garlic cloves, peeled, thinly sliced

8 sprigs fresh thyme, leaves picked

500ml (2 cups) pure cream or
reduced- fat Carnation milk

Salt & freshly ground black pepper

METHOD

Heat the oil in a large frying pan over medium heat. Add sliced mushrooms, garlic and thyme, and cook, stirring occasionally, for 10 minutes or until the mushrooms are tender and most of their liquid has evaporated. Add cream to the mushroom mixture and stir over medium heat. Simmer for 8 minutes or until mixture thickens slightly. Adjust the seasoning to taste.

Meanwhile, cook Angelo's Tri-Coloured meat-filled tortellini for 10 to 15 minutes in salted boiling water until *al dente*. Drain and place the tortellini into the large frying pan with the sauce. Stir pasta through the mushroom sauce and adjust seasoning, if necessary.

Spoon into serving bowls and garnish with shaved parmesan cheese.

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*I love
Angelo's Pasta*

*Amo Pasta
di Angelo*



COOKING TIP

Make sure you choose a pot big enough to allow the pasta to move around freely. This will help the pasta cook through thoroughly.



ELICHE (CURLY) PASTA WITH NAPOLITANA TOMATO SAUCE



PREP.....0:05
COOK.....0:45
INGREDIENTS.....12
DIFFICULTY.....EASY
SERVINGS.....4

INGREDIENTS

500g Angelo's Eliche (Curly) Pasta
2 tblsp olive oil
1 medium onion, diced
4 cloves garlic, crushed
4 x 400g tin whole peeled tomatoes
squashed with your hands. (You can
also use crushed or diced, or bottled
tomato passata).
1 cup chopped, fresh basil.
2 tsp fresh thyme
¼ cup red wine.
1 tblsp sugar
Salt and freshly ground black pepper
2 tblsp butter
Shaved parmesan

METHOD

Place oil in a heavy-based pan, add in the garlic, diced onion, basil and thyme and fry until onion is slightly softened and starts to change colour. Add in the red wine and cook for a couple of minutes, then add the tomatoes. Stir and bring to the boil. Once sauce is boiling, reduce heat to low and simmer for 30 to 45 minutes or until sauce has reduced by ¼ and is rich in colour. Season with salt & pepper. Stir and taste.

If sauce tastes a little bitter, add sugar, stir and taste again. Simmer for another 5 minutes, then remove from heat.

Cook Angelo's Spiral Pasta for 12 to 15 minutes in salted boiling water until *al dente* and drain. Return the pasta pot to the stove and place on low heat. Using a ladle, spoon ¾ of the Napolitana sauce into the pot, add butter and stir.

Once the butter has melted and the sauce comes to a simmer, pour pasta back into the pasta pot. Gently stir the sauce through the pasta to coat, using a wooden spoon. Serve in individual bowls and spoon a little more sauce on top.

Serve with shaved parmesan.

Cheat's Option Pick up one of our frozen sauces and keep it in the freezer. Defrost and heat the sauce according to the instructions, and your whole meal will be done in less than five minutes.



COOKING TIP

Add some mushrooms and grated carrot to the dish to give the kids a veggie hit! They won't even notice.



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