



Ciao!

In case we never met before, we are Mamma Anna and Mamma Sara and we would like to spend a few words to tell you that we truly love you and we hope that this pack full of goodies will put a smile on your face!

We decided to pull up this idea because we know that many friends are experiencing this lockdown far from their own family, being us Mamas, we really know how it feels to have “piezz e core” (pieces of heart) not under the same roof. As you probably know, food in Italy is something that goes way beyond a gastronomic culture. We express love, traditions and passion through handmade dishes and local products that we usually put in a box (the infamous “PACCO”) and deliver to our kids living far from us or abroad. Why? To give them a taste of lovely memories spent with their family and obviously because every kid will always look too skinny to Mamma’s eyes :)

This “pacco” is a treasure we would like to share with you today because we feel that you are part of our family too!

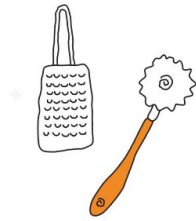
If you have any doubt about cooking, freezing or storing your food, feel free to reach us on Instagram: @lamiamammalondon or by email info@lamiamamma.co.uk

Tag us with your recipes using mamma’s pack on instagram, with the hashtag #cooklikeamamma for a chance to win a meal for 2 when we’ll reopen our doors.

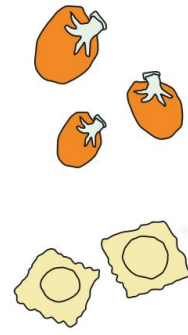
Also, by ordering our packs, you will donate 2% to our crowdfunding to support the NHS! Grazie mille for your support!

Please note that our aim is to help as many people as we can to **stay home**, in order to defeat this invisible enemy in as little time as possible. So please only leave the house if really vital and for primary necessities.

Un abbraccio, Mamma Anna and Mamma Sara



MAMMA'S RECIPES



Pesto Lasagna

Freeze:

Freeze as it is, or freeze it after cooking it for 2-3 months

Defrost:

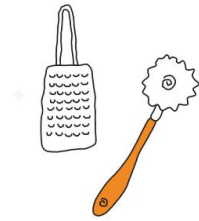
In the fridge the night before

How to:

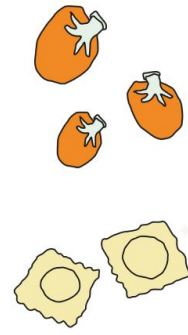
1. Remove the lid, don't microwave the provided tray (you can use it in the oven)
2. Finish the cooking of your lasagna in the oven at 180 for 10 - 15 minutes

Ingredients: beschamel (butter, flour, milk, nutmeg, salt, pepper), parmesan, Pesto (Basil, parmesan, mixed oil, cashew nuts, pine nuts, garlic), green beans, potatoes and scamorza cheese

Allergies: egg, gluten, milk, nuts, sulphites



MAMMA'S RECIPES



Chicken rolls with eggs, cheese, parmesan, pecorino and mortadella

Freeze:

You can freeze them for 2-3 months

Refrigerate:

Keep it in the fridge for max 2- 3 days.

How to use it:

Defrost in your fridge and heat them in the oven for 7 minutes at 180 or microwave for 2-3 minute at medium heat.

Ingredients: egg, pecorino, scamorza, bread crumbs, mortadella with pistachios, parmigiano, chicken thighs, rosemary, sage, pepper, olive oil and salt.

Allergens: Gluten, eggs, milk, nuts