



Nella's

Rethinking Food!

TendaRonis®

Pasta meals for every occasion





Thank You

The following recipes are a compilation of creations by our beloved supporters from all walks of life and from all over the world (love you guys).

Each recipe was created by the mentioned artisans through their own doing, and LOVE for our **Award Winning** pasta products, Nella's TENDARONIS (**Jamaica Observer Food Awards 2020/2021 BEST FOOD PRODUCT**)

Please feel free to share your ideas and creations with us via our **social media pages**, for consideration and future inclusions to this monthly E-book series and paper copy, where we feature, not just recipes and chefs, but also new products.

Signed :
Head Cook & Bottle Washer

  @NELLASFOODSJA
NELLASTENDARONIS.COM

Chef Alli P

@Allys.kitchen



Nella's Tendaroni Vegan Delite

Ingredients :

- 2 tablespoons coconut oil
- ½ teaspoon dried parsley
- ½ teaspoon dried basil
- ½ tsp ground cumin
- ½ teaspoon pepper (white)
- 16 oz sweet potato tenderoni(455 g), cooked
- ¼ cup fresh parsley(10 g)
- ¼ cup shredded vegan parmesan cheese(25 g)
- 1 whole red sweet pepper
- 1 whole green sweet pepper (finely chopped)
- 2 heads of broccoli (diced)
- ½ red onion (diced)

Preparation :

- In a medium pot of boiling water, pour sweet potato tenderoni and bring to boil until it is al dente (cook it until it is neither too hard or too soft).
- In a pan over medium-high heat, add coconut oil,,then add veggies .
- Season with salt, pepper, oregano, and basil. Cook 5-8 minutes or until veggies are al dente.

Preparation cont'd

- In the same pan over medium heat, add the garlic. Cook until the garlic begins to soften.
- Add desired amount of alfredo sauce to the garlic and pour a little bit at a time, stirring well in between, until fully incorporated and the sauce begins to thicken.
- Season with salt, pepper, oregano, and basil, and stir well to incorporate.
- Add cooked tendons pasta to the sauce and stir in the cooked veggies (broccoli, sweet peppers, red onions, etc)
- Add parmesan cheese and stir until melted.
- Add parsley and extra parmesan.
- Mix well.
- Serve in bowl platter. (Serves 6)



Chef Patrice Harris - Henry

@TheReggaeChefs



Tendaroni Oxtail Bake

Ingredients :

- 1 pack Nella's Sweet Potato Tendaronis/Pasta
- 1 tablespoon olive oil
- 1 cup chopped purple onion
- 1/4 cup escallion fine diced
- 3 small sprigs of thyme
- 1 1/2 cup chopped variety color sweet peppers (bell pepper)
- 3 cloves garlic (minced)
- 2 lbs. seasoned oxtail with jerk rub or dry seasoning
- 32 ounces marinara sauce (*freshly made or can)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoon jerk rub or paste
- 2 cups shredded cheddar cheese
- 1 cup shredded mozzarella cheese
- 1 cup pepper Jack
- 1 cup bread crumbs

Preparation

1. Sear and cook oxtail until tender, remove flesh from bone and cut into small diced or small pieces.
2. preheat the oven to 350° F. Lightly grease a 9x13-inch baking dish or another large rectangular baking dish/ Pyrex dish.

Preparation cont'd

3. Bring a large pot of salted water to a boil. Add the pasta and cook for 5 minutes for al dente (firm to bite). Be careful to not overcook the pasta, drain the pasta, and cool under running water to stop the cooking process. Drain water, place into a bowl, and set aside.
4. Meanwhile, heat the olive oil in a large skillet over medium high heat. Add the onion, escallion, thyme, garlic and bell pepper to the pan and cook, stirring often, until the vegetables soften, add the oxtail stir.
5. Pour the marinara sauce into the skillet, stir to combine ingredients add 2 tablespoons jerk paste/ rub mix together. Bring to a simmer and reduce the heat to low. Simmer for about 10 minutes.



Quick & Easeez

20 minutes or less

*In a rush ? Too Tired to cook? no worries !
Try some of these quick and easy options.*

Vegan~friendly



@chefgeorgette



Nella's V8

- Prepare tendaromis and set aside
- Add the following ;
 - Steamed chopped pakchoi, onions and carrots (stir fry veg)
 - Tomato slices (or cubes)
 - Spice Blend (choice is yours)
 - Dried pumpkin seeds
- Mix ingredients together lightly (toss)
- Drizzle your favorite vinegrette or melted vegan butter over mix

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Quick & Easeez

20 minutes or less

When you need a quick snack for the kids...

Kid~friendly



QUICK & FAST OPTIONS

CHEEZEE TENDARONIS - (BAKED MAC N CHEESE STYLE)

JERK SAUSUAGES

CREAMY SAUCE - ALFREDO SAUCE AND TENDARONIS

CORNED "BULLY BEEF" BEEF AND TENDARONIS

MINCE BEEF AND TENDARONIS

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Quick & Easeez

20 minutes or less

*"No more
BORING pasta"*



@living_redefined

*Pasta Never
Taste So Nice
Yet !!*

*Easy to
cook!*

Creamy Tuna Alfredo

- Prepare and drain TENDARONIS.
- Add olive oil to a skillet, stir in and cook spices (onion, garlic, scotch bonnet pepper, garlic, thyme leaves, ground pimento) until tender.
- Add all purpose seasoning, cayenne pepper and salt to taste.
- Add sweetened coconut milk, butter and stir until combined.
- Add cooked Nella's Sweet Potato Tenda Ronis to coconut mixture and combine until pasta is fully coated.
- Add tuna and stir until combined then add cheese.
- Reduce heat and allow for sauce to thicken.
- Serve as desired.

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*There is a LOT in a Little When There
Is Love In it. -- "Unknown"*

Side Pieces



Versatile

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About Us

Award-winning food innovators of vegan-friendly pasta products, that are easy to prepare, nutrient-rich, heart-healthy, great-tasting, and manufactured in Jamaica

Available in ALL leading supermarkets island-wide



Packaging Sizes :

Retail

48 x 200 gram

24 x 400 gram

Bulk

5lb (2.2kg)

25 lb (11.34 kg)

Shapes:

Elbows, Penne (Rigate)
Fettuccine

CONTACT:

Email: Essentialgoodsja@gmail.com

Tel: 1 876 334 0196

  @NELLASFOODSJA

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