



Recipe
suggestions

Stewed octopus (serves 4)

Ingredients

- > 8 small octopus, 120-150g each
- > 8 tbs olive oil
- > 2 cloves garlic, finely chopped
- > 1 red chilli, finely chopped
- > 500g tin chopped tomatoes
- > bunch of parsley, finely chopped
- > salt & freshly ground pepper

Method

- > Heat the oil in a casserole dish or saucepan with a tight-fitting lid.
- > Add the octopus whole and stir for 2 mins.
- > Add the garlic and chilli, and fry for a few seconds, then add the tomatoes.
- > Cover and simmer for 20-30 mins.
- > When cooked, slice up the octopus into bite-sized pieces and add the parsley and salt & pepper.
- > Serve with rustic bread

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