

SUMMER OCTOPUS PASTA

INGREDIENTS

- 1 small tub marinated octopus
- ½ tin crushed tomatoes
- ½ onion finely chopped
- 1 tblsp olive oil
- Salt and pepper to taste
- 1 packet linguine, fettucini or other pasta
- 2 tablespoons parsley, chopped

METHOD

Heat oil over medium heat, add onions and saute until tender

Add crushed tomatoes and cook gently for at least 10 minutes, allowing the tomato flavour to intensify

Add octopus, cook for a further 10 minutes over gentle heat, then cover and turn heat off.

Cook pasta to directions on pack.

Once pasta is cooked, drain then add octopus sauce and toss through.

Add chopped parsley, then one final tossing of the pasta before serving.



EXTRA'S & TIPS

Olives, capers and anchovies can be added for greater complexity, but go gently with them – each one of them can overwhelm the octopus.

Feels like we always say this, but add chilli if you want a bit of heat to the dish. No need to be stingy with this - you can almost add as much of this as you want! It won't overpower the octopus like the olives etc.

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