

Greek octopus *(Seafood main dishes)*



Preparation

Clean the octopus. Beat it with a wooden mallet so as to tenderise. Cut it into roughly 2cm pieces. Then cut the carrot and onion into slices. Fry the carrot and the onion in a little oil. Add the octopus and sauté for a few minutes. Add the tomato passata, and then the spices and stir. Add a little water and bring to the boil. Then add some dry oregano and chopped parsley and simmer for about an hour. Serve alongside some boiled potatoes cut into slices.

Tips

To enjoy this fresh seafood starter at its best, accompany it with a nice bottle of Chardonnay.

Trivia

Did you know that, in reality, the octopus does not have so-called tentacles, but in fact real limbs? They have suction cups along their whole length.

Information

Preparation 20 minutes

Total Time 60 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Octopus 1000 grams

Carrots (1 carrot)

Onions (½ red onion)

Tomato passata 300 millilitres

Salt

Pimienta

Parsley

Oregano