

Spaghetti alla Puttanesca with Octopus

Any long pasta 250g

Cooked Octopus 400g (chopped in bite size)

Extra virgin olive oil 4tbsp

Canned Anchovies

4 pieces (chopped)

Onion 1/4 cup (fine chopped)

Garlic 2 cloves (fine chopped)

Capers 2 tbsp

Olives 10 pieces (pitted)

Heirlooms Tomato 1 cup

(cubed)

Italian parsley

2 tbsp (chopped)

Basil

Salt and fresh

ground black pepper to season

Toss all the

ingredients besides the octopus and the tomato in a fry pan, cook in a medium

high heat for 3 mins until u see and onion and garlic are cooked without burn.

Then add the

octopus and tomatoes and cook for another 2 mins. Season with salt and pepper,

Toss in the pasta. Done