



# Roasted octopus in tomato sauce

20'  
Hands on

150'  
Cook Time

6-8  
Portion(s)

1  
Difficulty



## Ingredients

- 2-3 kilos octopus
- 5 potatoes, peeled and cut into 3 cm pieces
- 5 clove(s) of garlic, whole
- 2 tablespoon(s) tomato paste
- 2 sprig(s) rosemary
- 200 g olive oil
- pepper

## Διατροφικός πίνακας

Nutrition information per portion

521 Calories (kcal)	14.0 Total Fat (g)	2.5 Saturated Fat (g)	26.0 Total Carbs (g)
26%	20%	13%	10%
2.9 Sugars (g)	70.0 Protein (g)	3.4 Fibre (g)	0.02 Sodium (g)
3%	140%	14%	0%

## Method

- Clean the octopus very well and then, divide its tentacles.
- Preheat the oven to 150°C (300° F) set to fan.
- With a sharp knife, remove the beak of the octopus, spread the head and, as soon as you clean it, cut it into pieces.
- If the tentacles are large, cut them in half.
- Add all of the ingredients into a [bowl](#), mix them well, and pour the mixture into a [baking pan](#).
- Roast in the oven for 2 hours.
- Check that the octopus is ready by pricking it with a fork. Do the same for the potatoes, too. In case it needs more time, return the baking pan to the oven and roast it for 30 more minutes.
- Towards the end of the cooking time, check whether the water of the food has been reduced too much, and add a few tablespoons of water, if needed.
- Remove from the oven and serve.

## Tip

Instead of adding the tentacles whole into your food, you can cut them into 3 cm pieces.