



Greek octopus mac and cheese

30'

Hands on

60'

Cook Time

4

Portion(s)

1

Difficulty



Method

- Place a large [pot](#) over medium heat.
- Peel the onion and coarsely chop.
- Peel the carrot and chop into 0.5-1 cm cubes.
- Add 2 tablespoons of olive oil, the onion and carrot.
- Sauté for 3-4 minutes.
- After washing the octopus thoroughly, cut through above and below the eyes and discard this piece, take off and discard the mouth. Turn the hood inside out and clean. Cut into pieces, any size you prefer.
- Add to the pot and sauté for 3-4 minutes over high heat, until golden.
- Add the tomato paste and stir to sauté also.
- Add the ouzo and wait for the alcohol to evaporate.
- Add the canned tomatoes, vegetable stock, bay leaves, lemon zest and lemon juice.
- Stir and lower heat to medium. Simmer for 45 minutes.
- Then, add the macaroni along with the salt and 4 tablespoons olive oil and cook for 15 minutes, stirring occasionally until the pasta boils and the juices are absorbed.
- Serve with capers, some grated feta cheese, fresh oregano, freshly ground pepper, grated zest of 1 lemon and drizzle with some more olive oil.

Ingredients

- 1 kilo octopus, washed and cleaned
- 1 onion
- 1 carrot
- 6 tablespoons olive oil (2 tbsps + 4 tbsps)
- 1 tablespoon tomato paste
- 25 ml ouzo
- 400 g canned tomatoes
- 1 ½ liters vegetable stock or 1 vegetable bouillon cube diluted in 1 ½ liters water
- 2 bay leaves
- grated zest of 1 lemon
- juice from ½ lemon
- 500 g macaroni
- salt

To serve

- capers
- feta cheese
- fresh oregano
- freshly ground pepper
- olive oil
- grated zest of 1 lemon

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|--------------------------|-----------------------------|----------------------------|
| 753 Calories (kcal) | 11.0 Total Fat (g) | 2.0 Saturated Fat (g) | 96.0 Total Carbs (g) |
| 38% | 16% | 10% | 37% |
| 13.0 Sugars (g) | 62.0 Protein (g) | 9.1 Fibre (g) | 0.3 Sodium (g) |
| 14% | 124 % | 36% | 5% |