



We had a remaining pack of King Prawns in the freezer, so we decided on another Seafood dish.

Ingredients:-

Linguine Pasta (Gluten free for us)

3 Tbsp of Olive Oil

4 Gloves of Garlic, minced

1 Tbsp of Capers, chopped

½ Tsp of Chilli flakes

200g of King Prawns

500g Octopus

125 Ml of White Wine

1 ½ Tbsp of Tomato Puree

6 Anchovies

6 Cherry Tomatoes, halved

A squeeze of Lemon juice

Salt & Pepper

Batter Ingredients:-

2 Eggs

Plain Flour (Gluten free for us)

Soda Water

Garlic Salt

Onion Salt

Turmeric

Method for the Pasta & Sauce:-

- (1) Roll up your sleeves. It's Octopus dressing time. Basically cut the tentacles from the head. Cut the attaching membranes so you can turn the body inside out and remove it. You don't want the innards or the hard beak, but everything else is good.
- (2) Reserve four of the legs to batter later. See below.
- (3) Boil the Pasta until it is almost cooked. Drain and set aside. If you are using Gluten free be very careful to remove it quite early as the hot sauce tends to effect Gluten free pasta adversely.
- (4) Infuse the Garlic in the Oil for a few minutes over a medium heat.
- (5) Add the Anchovies, Capers and Chilli Flakes and simmer for a few more minutes making sure that the Anchovies have broken down.
- (6) Add the Prawns and Octopus and fry on a high heat for 30 seconds.
- (7) Add the Wine, Tomato Puree and season with Salt & Pepper.
- (8) Stir until the sauce has thickened and turn the heat down to simmer.
- (9) Add the Pasta and gently combine.
- (10) Add the halved Tomatoes.
- (11) Serve dressed with a squeeze of lemon and garnish with the battered Octopus, Lemon wedges and fresh Parsley.

Method for the battered Octopus Legs:-

- (1) Heat a fryer to 170c.
- (2) Mix the batter ingredients to form a smooth reasonably thick batter.
- (3) Separate the individual legs and dip in the batter.
- (3) Fry until they pop up and the batter is crispy.
- (4) Remove and drain over kitchen paper.

The Octopus was a bit on the chewy side to be fair and the Gluten free Linguine didn't hold too well with the sauce stirred through it. But everything tasted great.