



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

OCTOPUS & CHORIZO

Time: 45 minutes

Serves: 4

Ingredients:

1 pound octopus tentacles
2 teaspoons extra-virgin olive oil
8 ounces chorizo – sliced
1 teaspoon lemon juice
1 pinch finishing salt (ideally Maldon)

Preparation:

Place octopus in a pressure cooker and add water to cover. Seal the pressure cooker and place on high heat. Once full pressure is reached, reduce heat to maintain and cook octopus for twenty minutes.

While the octopus is cooking, place a large pan in medium heat and add the olive oil.

Once the oil is hot, add the chorizo to the pan, stirring occasionally until it's browned. Remove the chorizo from the pan and set aside.

Once the octopus has cooked for twenty minutes, remove from heat and release pressure in the cooker.

Turn the chorizo pan to high heat and add the octopus, tossing for a minute.

Add the chorizo back to the pan and toss to coat.

Plate the chorizo and octopus along with the pan drippings, sprinkling with the lemon juice and salt.

Nutritional Information Per Serving:

Calories: 243
Fat: 11g
Carbs: 4g
Fibre: 0g
Protein: 32g