



Fried octopus with courgettes and spicy tomatoes

Categoria: Unique dishes **Tempo di preparazione:** 15 minutes **Difficoltà:** facile 🕒

Ingredienti per 4

- 400 g of cleaned octopus
- 300 g courgettes
- Flour to taste
- Extra virgin olive oil to taste
- 4/5 fresh tomatoes
- Half a glass of dry white wine
- Salt to taste
- A bunch of fresh mint
- Spices to taste

A simple and very tasty dish!

Preparation

Hello dear friends and welcome to the kitchen of my restaurant “La Rosetta”. I have prepared a dish that is very much appreciated by my guests: “fried octopus with courgettes and spicy tomatoes”. In Italy they call the octopus “Moscardini”.

Clean the octopus, then wash and cut the courgettes into matchsticks.

Let's move on to a particularly important phase: frying. The baby octopus and courgettes are well fried in flour. The flour should first adhere to the baby octopus and then to the courgettes, but there should be no excess left. First fry the baby octopus until all moisture is removed from the product, thus ensuring a crispy fry.

While the baby octopus is frying, let's prepare the tomato sauce that will accompany the frying. Put the diced fresh tomatoes in a pan and fry them in a tablespoon of extra virgin olive oil, half a glass of dry white wine and a pinch of salt.

Separately, we fry the courgettes. The small octopuses and the courgettes are fried separately because they have different cooking times, the former longer and the latter shorter.

Once ready, remove the excess oil with paper towels and add a pinch of salt.

We serve by placing mint leaves in the centre of the plate, useful to eliminate any smell, an idea that came to me in Morocco while observing the treatment of the skins, and to give the dish freshness. Place the small octopuses on the mint leaves and then the courgettes.

Add some spices to the tomato sauce and put it in a bowl to accompany the fried dish, ready to be eaten. Enjoy!

