

Octopus Risotto

Yield: 6 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/jamie-oliver-italian-octopus-recipe>

Ingredients:

- 1 octopus kilo, 2.20 lbs
- 1/3 cup olive oil divided
- 2 fresh tomatoes
- 1 tablespoon tomato paste
- 2 bay leaves
- salt
- black pepper
- 14 button mushrooms small, sliced
- 1 onion finely chopped
- 2 spring onions white part and a little of the green, finely chopped
- 1 garlic clove finely chopped
- 500 grams arborio rice short grained
- 1 cup wine white dry
- 3 cups seafood stock
- 1 vegetable bouillon
- 1/2 cup parsley finely chopped

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 75 grams
3. Cholesterol: 35 milligrams
4. Fat: 15 grams
5. Fiber: 5 grams
6. Protein: 21 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 340 milligrams
9. Sugar: 3 grams

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