Product Spotlight: Fremantle Octopus

Did you know the species of octopus found off the WA coast is considered to be one of the best in the world for various reasons including its tenderness and flesh structure? It is also 100% sustainable and MSC certified.

3 · # Tuscan Tomato Risotto
with Fremantle Marinated Octopus

A hearty tomato risotto made simple, using brown rice and balsamic sautéed veggies with thyme. Complete the dish with a topping of peppery rocket leaves and Fremantle marinated octopus.

Mix it up!

Crumble some feta cheese into the risotto if you have any spare! Garnish the dish with fresh basil or oregano leaves. Don't feel like risotto? Transform the dish into a ratatouille and stretch it out with other vegetables. Serve with brown rice on the side.

🕑 35 minutes   🍴 4 servings   🐟 Fish

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Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	22g	65g

FROM YOUR BOX

BROWN RICE	300g
SPRING ONIONS	1/2 bunch *
RED CAPSICUM	1
ZUCCHINI	1
CHOPPED TOMATOES	400g
RADISHES	1/2 bunch *
MARINATED OCTOPUS	1 tub (300g)
ROCKET LEAVES	1 bag (60g)

Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, salt and pepper, balsamic vinegar, dried thyme, chilli flakes (optional)

KEY UTENSILS

large frypan with lid, saucepan

NOTES

Cover the saucepan with a lid to bring the water to boil faster.

No fish option – marinated octopus is replaced with smoked chicken breast. Slice chicken and toss through the topping, or stir through risotto in step 5.

1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse.

2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **olive oil**. Slice spring onions, capsicum and zucchini (into crescents). Add to pan as you go with **1 tsp dried thyme, 1/4 tsp chilli flakes** and **1 tbsp balsamic vinegar**. Cook for 5 minutes.

3. SIMMER THE SAUCE

Pour in chopped tomatoes and **1/2 cup water**. Cover and simmer for 8–10 minutes.

4. PREPARE THE TOPPING

Slice radishes. Toss together with drained octopus, rocket leaves, **1/2 tbsp balsamic vinegar** and **1/2 tbsp olive oil**. Set aside.

5. STIR IN THE RICE

Stir cooked rice into tomato sauce. Season with **salt and pepper** to taste.

6. FINISH AND PLATE

Divide risotto among plates. Top with octopus topping.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**