

# Stewed little octopus

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 Serves 4

## Ingredients

600 g of little fresh octopus  
1/2 glass of white wine  
2 small cloves of garlic  
a pinch of salt  
a handful of parsley  
extra virgin olive oil  
200 ml tomato sauce

## Method

Wash and thoroughly clean the octopus, removing eyes, beak and the skin if it comes off easily. Heat a few tablespoons of extravergin olive oil with cloves of garlic, add the octopus and cook for a couple of minutes, add the wine, raise a little the flame and let it evaporate. Add the tomato sauce, salt and cover and cook for 10-15 minutes. Before serving add the chopped parsley.