ITALIAN · LUNCH · DINNER

Polpo alla Luciana (Neapolitan Octopus in Tomato Sauce)

Polpo alla luciana

80 min · Serves 4 · 332 kcal a serve · Video 8:25 in Italian · Chef Stefano Barbato

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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About 38 g protein and 8 g net carbs a serve: octopus stewed in its own juices with fresh tomatoes, olives and capers, with no water or flour added.

Diet notes: Low carb (8 g net carbs) but not keto: 41% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (2.3 g, 6% of the energy).

Ingredients 9 · SERVES 4

- [ ] 1 **octopus**, about 1 kg, cleaned
- [ ] 300 g **cherry or datterini tomatoes**, cut into chunks
- [ ] 20–30 **green olives** (Gaeta olives are the traditional choice)
- [ ] 10–12 **capers**, salted or in brine
- [ ] 1 **garlic** clove, crushed in its skin
- [ ] 2 small **chillies** (peperoncino), to taste
- [ ] a handful of **fresh parsley**, stalks and leaves kept apart
- [ ] extra **virgin olive oil**, enough to cover the base of the pot (about 3 tbsp)
- [ ] a pinch of **salt**

Allergens found in the listed ingredients: Molluscs. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Clean the octopus (or buy it cleaned, as the cook does): turn the head inside out and remove the innards, cut out the eyes and push out the beak with your finger. Rinse well. 1:10
2. Cover the base of a heavy pot (ideally terracotta, over a heat diffuser) with olive oil. Add the crushed garlic, the chillies and the capers and let them sizzle gently. 2:37
3. While that cooks over low heat, cut the tomatoes into chunks: quarters for small ones, sixths for larger ones. 3:02
4. Add the parsley stalks to the pot, then lower the octopus in slowly, head first, so the head releases its water and the octopus doesn't stick. 3:32
5. Add the olives, tomatoes and a little salt. Raise the heat until it starts to simmer in its own liquid, then put the lid on. 4:01
6. Once it has released its liquid, move to the lowest heat and cook covered for 25 minutes, turn the octopus, then cook another 20 minutes, until the tentacles relax into the sauce. 4:29
7. Turn off the heat and leave the octopus to rest in the pot for 15 minutes, then stir in the chopped parsley leaves and serve with the sauce. 4:57

> **Tip** Serves 4 is our estimate for a 1 kg octopus. Go easy on salt: olives, capers and the octopus are already salty. Neapolitans mop up the sauce with bread; a green salad keeps it lower in carbs.

The method is a summary in our words, in English — the video (in Italian) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
332 kcal	38 g	9.6 g	1.6 g	15 g	1,040 mg
1,390 kJ	77% of a day	8 g net · 2.1 g sugars	6% of a day	2.3 g saturated	45% of a day
		3% of a day		19% of a day	

Energy from net carbs 10% · protein 48% · fat 42% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 1875% · Selenium 205% · Iron 69% · Vitamin K 62% · Vitamin B6 52% · Zinc 40% · Omega-3 34% · Vitamin C 29% · Vitamin E 27% · Potassium 21% · Magnesium 21%

Source of (10–19%) Vitamin A 18% · Calcium 12% · Folate 12%

Recipe and video: Chef Stefano Barbato (@ChefStefanoBarbato) on YouTube — youtube.com/watch?v=xX8aSJAaJDs, published 31 December 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/polpo-alla-luciana