



Spicy octopus tomato soup

Recipe by Chef Eloise Emmett



Serves 4



45 minutes

INGREDIENTS

- 1 tbs extra virgin olive oil
- 2 brown onions
- 6 cloves garlic
- 3 sticks celery
- 2 medium carrots
- 600g tomato
- 600ml fish stock
- ½ tsp chilli or to taste
- ½ tsp smoked paprika
- 1 tbs oregano (I use native oregano)
- 1 tbs basil
- Salt and pepper to taste
- 400g fresh octopus
- Lemon

DIRECTIONS

1. Finely dice the onion, celery and carrot and crush the garlic.
2. Heat a heavy-based pot over medium heat and add the olive oil. Add the garlic, onion, celery and carrot and sauté, stirring often, until the onion is translucent.
3. Add the chopped tomato, the stock, herbs and spices and simmer for around 20 minutes. Season well with salt and pepper.
4. Remove the skin from the octopus and finely dice it into a 5mm dice, and add this to the soup right before serving it will only take a few minutes to cook in the hot soup.
5. Serve hot with crusty bread and a wedge of lemon.



Sundays

with Lucie Cutting

on 936AM and the ABC listen app



NOTES FROM CHEF ELOISE:

Add whatever veggies you like. You might want to add a cup of peas out of the freezer, a tin of beans or a handful of spinach that needs using up out of the fridge. This soup can be changed up with olives, chorizo or red peppers. If you make a bulk base and freeze a few family meals, you might serve it differently each time. If you are not making your own stock, then you should be—it's easy and pretty much free—you can find the information for stock making and other cooking basics in my book *Packed*. The homemade stock adds so much flavour to your meals, as well as the health benefits from bone broth. Have the base for this soup made and frozen for a quick weeknight meal. Serve with some crusty bread or add some pasta like a small risoni to the soup. You can use any seafood for this low-calorie and high-protein meal (cooking real food and seafood needs a new marketing team, doesn't it?!).

