



WHERE PASSION MEETS THE PLATE

FETTUCCINI WITH OCTOPUS MUSHROOMS & RED PEPPERS IN ROSÉ SAUCE

Tender octopus, sautéed with mushrooms and diced red peppers, tossed with fettuccini in a creamy rosé sauce. Rich, balanced and full of flavor.



SERVINGS
4



PREP TIME
20 MINUTES



COOK TIME
45 MINUTES



DIFFICULTY
MEDIUM

INGREDIENTS



340 g
fettuccini pasta
(high-quality, e.g. De Cecco)



700 g
cooked octopus
(tender, cut into bite-sized pieces)



1 red bell pepper
(diced)



250 g
mushrooms
(sliced)



4-6
garlic cloves
(minced)



125 mL
San Marzano tomatoes (DOP)
(crushed)



125 mL
dry white wine
(optional)



250 mL
15% cooking cream



2 tbsp
tomato paste



1 tsp
chili flakes
(adjust to taste)



3 tbsp
extra virgin olive oil



Salt and black pepper
to taste



½ cup
Pecorino Romano
(freshly grated)



¼ cup
fresh parsley
(chopped, for garnish)

STEP-BY-STEP

1



PREPARE THE OCTOPUS

If using pre-cooked octopus, cut into bite-sized pieces. Heat 1 tbsp olive oil in a large skillet over medium-high heat and sear the octopus for 2-3 minutes until lightly browned. Remove and set aside.

2



SAUTÉ THE VEGETABLES

In the same skillet, add 1-2 tbsp olive oil. Sauté the mushrooms for 5-6 minutes until golden. Add the diced red peppers and cook for 3-4 minutes. Add the garlic and chili flakes, cook for 1 minute.

3



MAKE THE ROSÉ SAUCE

Add the tomato paste and cook for 1 minute. Add the crushed San Marzano tomatoes and white wine (if using). Simmer for 10-15 minutes. Stir in the cream and season with salt and black pepper. Let the sauce thicken slightly.

4



ADD THE OCTOPUS

Return the seared octopus to the sauce. Stir gently and simmer for 5-10 minutes to allow the flavors to meld.

5



COOK AND COMBINE

Cook the fettuccini in salted boiling water until al dente. Reserve ½ cup of pasta water. Add the drained pasta to the sauce and toss well, adding a splash of pasta water if needed to achieve a silky consistency.

6



FINISH AND SERVE

Plate immediately. Top with freshly grated Pecorino Romano and chopped parsley. Serve hot.

PHIL'S NOTES



- Use high-quality octopus and San Marzano tomatoes for the best flavor.
- Adjust the chili flakes to your preferred heat level.
- The sauce should be creamy, not heavy, with a balanced tomato and cream flavour.
- A splash of pasta water helps bind the sauce to the fettuccini.
- This dish is best enjoyed immediately.