

# Berrima Octopus in Asian Spices

## *Ingredients:*

Olive oil  
6 cloves of garlic, sliced  
1 tablespoon of ginger, crushed  
500g Berrima octopus, blanched  
2 bay leaves  
Fresh flatleaf parsley  
Fresh Thai basil  
Fresh mint  
¼ cup red wine

## *Method:*

Over a medium heat, add a tablespoon of olive oil to a pan. Add the garlic and the ginger to the pan. When fragrant, add the blanched octopus (to blanch, add the octopus to boiling water for a few minutes). Stir through.

Add the bay leaves and torn handfuls of parsley, Thai basil and mint. Cook through for few minutes.

Deglaze the pan with red wine and allow the liquid to reduce slightly. Serve immediately.

