

Octopus Salad



**Seafood! Eat your way to better health
with Omega-3**

Master Fish Merchants' Association of Australia

Octopus Salad

- 1 kg clean baby octopus

Marinade

- 2 crushed garlic cloves
- 1 tablespoon dried oregano
- Salt and pepper to season
- ½ cup olive oil
- 2 tablespoons lemon juice
- 2 tablespoons red wine vinegar

Serves 4

- Place octopus into a bowl with marinade and refrigerate for 2-4 hours or overnight.
- Drain octopus and cook on a hot fry pan or flat BBQ grill for 3-4 minutes, turning frequently.
- Allow to cool slightly then serve on a salad with crusty bread.

(If using medium and larger octopus place into a saucepan and cover with equal quantities of red wine and olive oil and simmer for 30–45 minutes until tender then drain and marinate for 1 hour.)



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