

-Tassie-
SEAFOOD
SHORT
CUTS

OCTOPUS WITH ROAST BEETROOT SALAD



10 mins prep
30 mins roast
3 hrs marinade
8 mins grill

SERVES 4

800 grams clean octopus legs
2 cloves of garlic
1 tablespoon fresh oregano
Extra virgin olive oil
1 teaspoon cracked black pepper

4 large beetroots
100 grams soft goat cheese
2 cups of spinach
1 tablesspon balsamic vinegar
1 tablespoon extra virgin olive oil
(plus extra for cooking)

Don't be put off by frozen octopus. Freezing helps to tenderise, thereby improving fresh caught octopus.

Eloise Emmett for the Tasmanian Seafood Industry Council.

CLEAN

If the octopus legs have skin on, sprinkle salt on your fingers for grip, pull skin off and discard. Rinse legs and set aside.

MARINADE

Crush garlic, finely chop oregano and mix with the extra virgin olive oil. Pour over octopus and grind over black pepper. Marinate for 3+ hours.

SALAD

Lightly coat beetroot in olive oil and roast on a tray for 30 mins or until cooked through. Cool, peel, dice and toss with balsamic, goat cheese, spinach and olive oil.

GRILL

Heat flat grill of BBQ (or frying pan) to very high. Grill octopus legs for about 8 mins, turning often. The octopus is cooked through when it is firm to the touch and white all the way through. Serve immediately with salad.