

GREEK STYLE BBQ OCTUPUS WITH OREGANO & ROSEMARY

Serves 4

INGREDIENTS:

500g small whole octopus
1 tsp finely grated lemon rind
1 tbsp lemon juice
1½ tbsp extra virgin olive oil
2 tsp finely chopped fresh oregano
1 tsp finely chopped fresh rosemary
1 tsp paprika
Flaked salt & cracked pepper
1 lemon cut into wedges to serve

DIRECTIONS:

Clean octopus & blanch in boiling water.

Combine lemon rind & juice, olive oil and herbs in a non-metallic bowl.

Add octopus & rub in marinade.

Allow to stand for at least 20 minutes.

Preheat BBQ grill to medium-high and cook octopus for 2-3 minutes each side depending on their thickness until they have some char-grill colour.

Remove to serving dish, season with salt and pepper and serve with lemon wedges.

PREPARATION TIME:

15 minutes

COOKING TIME:

6 minutes