

Octopus Salad

Ingredients

17 oz Octopus (tentacles, fully cooked)
1/2 c Kalamata Olives (quartered)
2 clv Garlic (minced)
1/2 c Parsley (chopped)
1/2 t Kosher Salt
1/4 t Black Pepper
1/4 t Dried Oregano
1 T Lemon Juice
4 T Olive Oil
1/2 c Tomatoes (cubed)

Instructions

- 1.Remove the octopus tentacles from the package, rinse and place them on paper towels to dry. Heat up the grill or a grill pan then drizzle 1 tablespoon olive oil on the octopus and season with salt and pepper on both sides.
- 2.Grill on both sides for a few minutes until you see grill marks then transfer to a cutting board. Cut the octopus into bite-size pieces. Place them in a glass or ceramic salad bowl.
- 3.Add tomatoes, olives, garlic, parsley, 1/2 teaspoon salt, 1/4 teaspoon pepper, oregano, lemon juice and 3 tablespoons olive oil. Gently toss to coat.
- 4.Cover and let the salad rest at room temperature for 20 minutes to allow the flavors to meld. Mix again and serve.