



# Greek octopus bake

20'  
Hands on

120'  
Cook Time

4-6  
Portion(s)

1  
Difficulty



## Ingredients

- 1 octopus
- 120 g olive oil
- 1 tablespoon(s) coriander, seeds
- 1 tablespoon(s) cumin, seeds
- 5 clove(s) of garlic
- 5 potatoes, large
- 2-3 tablespoon(s) vinegar, pomegranate
- 2 tablespoon(s) tomato paste
- salt
- pepper
- 1-2 chili peppers, dried
- 3-4 sprig(s) rosemary
- 3-4 sprig(s) thyme
- lemon zest, of 1 lemon
- 1 tablespoon(s) lemon juice

To serve

- thyme
- [olive bread](#)
- feta cheese
- oregano
- olive oil
- pepper

## Method

For the infused olive oil

- Place a pan over heat.
- Add the olive oil, coriander seeds, cumin seeds and garlic.
- Let the ingredients heat.
- As soon as the mixture froths, remove from heat and allow to cool.

For the potatoes

- Peel the potatoes and coarsely chop them.
- Transfer to a large bowl, add the infused olive oil and toss to coat.

For the octopus

- Preheat oven to 150\* C (300\* F) Fan.
- Cut the octopus into 2 pieces with a knife to clean it.
- Remove the parts above and below the eyes and discard. Remove the mouth by pressing with your hands.
- Clean the hood of the octopus by turning it inside out. Wash with plenty of water, cut into pieces and add to the bowl with the potatoes.
- Add the tomato paste, pepper, salt, red chili peppers, rosemary, thyme, lemon zest, lemon juice and pomegranate balsamic vinegar. Mix well.
- Transfer to a baking pan and bake for 2 hours.

To serve

- Serve with thyme, olive bread, feta cheese, fresh oregano, olive oil and pepper.

## Διατροφικός πίνακας

Nutrition information per portion

703 Calories (kcal)	21.0 Total Fat (g)	3.4 Saturated Fat (g)	58.0 Total Carbs (g)
35%	30%	17%	22%
5.1 Sugars (g)	67.0 Protein (g)	7.4 Fibre (g)	0.45 Sodium (g)
6%	134%	30%	8%