



# Grilled octopus with roasted eggplant salad

40'  
Hands on

35'  
Cook Time

4-6  
Portion(s)

2  
Difficulty



## Ingredients

For the octopus

- 1 1/2 kilo octopus, whole
- 3 onions
- 3 tablespoon(s) vinegar, red wine
- 1 tablespoon(s) peppercorns
- 50 g olive oil

For the salad

- 2 eggplants, medium
- 80 g olive oil
- 200 g manouri cheese
- 2 tomatoes
- 1/4 bunch mint
- 1/4 bunch parsley
- 1 clove(s) of garlic
- salt
- pepper

## Method

For the octopus

- Rinse the octopus well to remove any dirt from its tentacles.
- Cut the onions into 4 and add them to a **pot**.
- Put the octopus on top of the onions, with its mantle facing up.
- Add the vinegar, the peppercorns, and cover the surface of the pot with plastic wrap.
- Transfer the pot over medium heat and boil for 20-25 minutes, until the octopus is tender.
- Remove the pot from the heat, carefully remove the plastic wrap, and check if the octopus is tender. Do not worry if it isn't completely tender, as you will also grill it on the barbecue.
- Remove the octopus from the pot and set it aside to slightly cool.
- Cut its mantle and remove the beak. Clean its mantle from any innards that may be left and separate its tentacles.
- Grease the tentacles, the mantle, and grill them on the barbecue for 3-4 minutes on each side, until golden.

For the salad

- Cut the eggplants into 1 cm thick slices and grease them using the 50 out of the 80 g olive oil.
- Grill the slices on the barbecue, for 2 minutes on each side, until they are golden.
- Cut the manouri cheese into slices and grill it for 1 minute on each side, until slightly golden.
- Remove the eggplant slices and the manouri from the heat and transfer them to a **bowl**.
- Cut the tomatoes into 1 cm thick slices and add them to the bowl with the eggplants and the manouri.
- Finely chop the mint, the parsley, the garlic, and add them to the bowl.
- Add the remaining 30 g olive oil, salt, pepper, and mix with a spoon.

To serve

- Serve the octopus with the salad and garnish with lemon slices.

## Διατροφικός πίνακας

Nutrition information per portion

533 Calories (kcal)	34.0 Total Fat (g)	14.0 Saturated Fat (g)	10.0 Total Carbs (g)
27%	49%	70%	4%
3.4 Sugars (g)	45.0 Protein (g)	2.2 Fibre (g)	2.2 Sodium (g)
4%	90%	9%	37%