



Greek aromatic octopus balls

20'

Hands on

70'

Cook Time

6-8

Portion(s)

1

Difficulty



Method

- Preheat oven to 180* C (350* F) Fan.
- Wash and clean the octopus thoroughly. Remove the mouth and eyes and scrub the suckers to remove any grit or sand.
- Place the octopus in a **deep pot**. Add the peppercorns, bay leaves, and balsamic vinegar.
- Cover pot with plastic wrap and allow to simmer for 30 minutes to 1 hour, depending on how tender you like your octopus.
- When ready, remove the peppercorns. Some may be stuck on the octopus.
- Chop the octopus into pieces. Transfer to a **bowl** and add the herbs (dill, mint, basil), onion, lime zest and lime juice. Toss to coat.
- Add the breadcrumbs, egg and flour, pepper, salt and 1 tablespoon olive oil. Mix.
- Place a **pan** over high heat, until it gets very hot.
- Cover the bottom of a pan with flour.
- Shape the mixture into round balls and place them in the pan. Shake pan to coat balls.
- Add some olive oil to the pan and sauté the octopus balls.
- When ready, transfer to a clean **baking pan** and bake for 10 minutes.

For the sauce

- Combine 2 tablespoons of tahini and 3 tablespoons water in a small bowl.
- When completely combined and creamy, add salt, pepper and the juice of ½ a lemon.
- Mix and **serve**.

Tip

Dredge them in flour and store them in the freezer for up to 1 month!

Ingredients

- 500 g octopus
- 2 bay leaves
- 1 tablespoon(s) pepper, tablespoons
- 2 tablespoon(s) balsamic vinegar
- dill
- mint
- basil
- 1 onion, large, fresh
- zest, of 3 limes
- juice, of 1 lime
- 1 tablespoon(s) olive oil
- 50 g dry breadcrumbs
- 1 egg, lightly beaten
- 2 tablespoon(s) self-rising flour
- salt
- pepper

For the sauce

- 2 tablespoon(s) tahini
- 3 tablespoon(s) water
- salt
- pepper
- juice, of 1/2 lemon

Διατροφικός πίνακας

Nutrition information per portion

77 Calories (kcal)	2.9 Total Fat (g)	0.5 Saturated Fat (g)	5.8 Total Carbs (g)
4%	4%	3%	2%
0.9 Sugars (g)	6.3 Protein (g)	0.7 Fibre (g)	0.34 Sodium (g)
1%	13%	3%	6%