



Octopus and potato salad

15'
Hands on

2-4
Portion(s)

1
Difficulty



Ingredients

- 1 onion
- 1 carrot
- 200 g baby potatoes, boiled
- 2 tablespoon(s) parsley
- lemon juice, of 1 lemon
- lemon zest, of 1 lemon
- 50 g olive oil
- salt
- pepper
- 150 g octopus, boiled

To serve

- parsley, finely chopped
- lemon zest

Method

- Cut the onion and the carrot into thin slices and add them into a [bowl](#).
- Cut the boiled potatoes into 4 and finely chop the parsley. Add them to the bowl.
- Add the lemon juice and zest into the bowl, along with the olive oil, salt, and pepper.
- Cut the boiled octopus into small pieces and add them to the bowl.
- Mix well with a serving spoon and check the seasoning.
- Serve with extra finely chopped parsley and lemon zest.

Διατροφικός πίνακας

Nutrition information per portion

237 Calories (kcal)	13.0 Total Fat (g)	2.0 Saturated Fat (g)	15.0 Total Carbs (g)
12%	19%	10%	6%
4.1 Sugars (g)	13.0 Protein (g)	2.3 Fibre (g)	0.7 Sodium (g)
5%	26%	9%	12%