Octopus with Fava

The octopus is to be served on the side of the pan not on top of the fava



Small Pan | Contains Shellfish - Molluscs

INGREDIENTS

- 110g Octopus
- 2g Fish Spice
- 10ml Ladolemono
- 100g Fava

METHOD

1. Cook octopus on the flat top grill
2. Place 100g fava into a starter pan and place on the grill to warm up the fava while the octopus is cooking.
3. Grill onions and cherry tomato.
4. To serve- add fava, place the cooked octopus on top and garnish with cherry tomato and red onion. Drizzle ladolemono on top and garnish with a lemon wedge.

GARNISH

- 1 lemon wedge
- 50g Cherry tomato
- 50g Red Onion

EQUIPMENT

Spatula
Flat Top Grill

NOTES

- The octopus is to be served on the side of the pan not on top of the fava