Octopus with Fava

Grilled octopus tentacles on warm fava, finished with olive oil, cherry tomato and red onion.



Starter pan. Takeaway: soup and salad bowl.

Contains Molluscs

INGREDIENTS

- 150g octopus tentacle (2 tentacles)
- 5g Fish spice
- 2g Oregano
- 15ml Oil
- 100g Fava
- 10ml Olive oil

METHOD

1. Prepare the tentacles: cover with water, add 3 bay leaves, 6 whole peppercorns and 1 whole onion. Cover and cook 50-55 minutes until easily pierced with a fork.
2. Remove and cool immediately in ice to stop the cooking.
3. Grill the whole tentacles and season with fish spice and oregano.
4. Grill the onions and cherry tomatoes.
5. Plate the fava, place the octopus on top and garnish with cherry tomato and red onion.
6. Drizzle olive oil on top.

GARNISH

- 1 lemon wedge
- 2g cherry tomatoes
- 1g red onion slices

EQUIPMENT

- Chopping board
- Knife
- Pot
- Flat top grill