

YIELD: 4 PEOPLE

Grilled Octopus

Grilled octopus with olive oil, cayenne pepper and lemon. This Spanish grilled octopus with salad is the best and restaurant worthy, juicy, tender and delicious!

**PREP TIME**

5 minutes

COOK TIME

10 minutes

TOTAL TIME

15 minutes

INGREDIENTS

- 1 lb. (0.4 kg) boiled octopus
- 1 1/2 tablespoons olive oil
- Salt
- Ground black pepper
- 3 dashes cayenne pepper
- 1 pack (5 oz. /150 g) spring mix salad
- Lemon wedges

INSTRUCTIONS

1. Season the boiled octopus with olive oil, salt, ground black pepper and cayenne pepper.



2. Fire up a grill and quickly grill the octopus over direct heat until the surface is slightly charred. Turn over and grill the other side.



3. Remove the grilled octopus and slice into pieces. Serve immediately with some fresh spring mix salad and lemon wedges. Serve immediately.



Nutrition Information

Yield 4

Serving Size 1

Amount Per Serving

Calories 240

Total Fat 8g

Saturated Fat 1g

Trans Fat 0g

Unsaturated Fat 5g

Cholesterol 109mg

Sodium 670mg

Carbohydrates 8g

Fiber 1g

Sugar 1g

Protein 34g

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