

OCTOPUS SALAD



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Photos: Virgílio Rodrigues
Chef: Fernando Fonseca



45
min



Easy

INGREDIENTS

- 1 pack cooked octopus
- 50ml olive oil
- 1 small lemon
- 1 garlic clove
- 3 sweet potatoes
- 1 red pepper
- 1 tomato
- 1 small onion
- 1 bunch parsley stalks
- 1 pinch 'flor de sal' salt
- 1 pinch freshly ground pepper

METHOD

Roast the sweet potatoes and leave to cool • Chop the garlic, onion and parsley stalks • Cut the pepper in to small cubes, as well as the outside of the skinned tomato • Cut the sweet potatoes into small cubes and mix with the other ingredients, seasoning with a pinch of 'flor de sal', olive oil and lemon juice