

Portoferraio, Italy

# Octopus and Potato Salad

## Ingredients:

Olive Oil  
300gm potatoes, peeled and boiled  
1 clove garlic, chopped  
½ tsp dried rosemary  
500gm fresh octopus  
1 medium red onion, sliced  
1 lemon  
Fresh parsley  
Salt and pepper, to garnish

## Method:

Peel and boil potatoes. Allow to cool slightly, then cut into cubes, and put them in a large serving bowl. Drizzle with oil, and stir sliced onions through. Season with salt, pepper, and lemon as desired.

Heat oil in a pan over medium heat, and fry garlic and dried rosemary until fragrant. Add octopus, and squeeze some of the remaining lemon juice over the top. Cook octopus for five minutes.

Remove octopus from pan, and slice thinly. Add to potato salad. Add the fresh parsley, and toss.

Serve with extra salt, pepper, and lemon as desired.

