

Grilled Octopus with Lemon and Herb Butter

Tender grilled octopus drizzled with a zesty lemon and herb butter sauce, perfect for seafood lovers.



Main Dish

30 min

Total time

Intermediate

Difficulty

250

kcal / serving

Ingredients

- 1 octopus tentacle, 2 tbsp butter, 1 lemon (juiced), 2 cloves garlic (minced), 1 tsp fresh parsley (chopped), Salt and pepper to taste

Steps

- 1 Preheat grill to medium-high heat. 2. In a small saucepan, melt butter over low heat. 3. Add minced garlic, lemon juice, parsley, salt, and pepper to the butter, stir well. 4. Grill octopus tentacle for 4-5 minutes per side until charred and cooked through. 5. Remove octopus from the grill and brush with the lemon and herb butter sauce. 6. Serve hot and enjoy!