

Grilled Octopus with Lemon and Herb Marinade

Tender octopus marinated in a zesty lemon and herb mixture, then grilled to perfection. A seafood delight with a burst of flavors!



Main Dish

45 min

Total time

Intermediate

Difficulty

250

kcal / serving

Ingredients

- 1 small octopus (cleaned and tentacles separated)
- 2 cloves of garlic (minced)
- 1 lemon (juiced and zested)
- 2 tbsp olive oil
- 1 tbsp fresh parsley (chopped)
- Salt and pepper to taste

Steps

- 1 In a bowl, combine minced garlic, lemon juice, lemon zest, olive oil, chopped parsley, salt, and pepper.
- 2 Add the cleaned octopus to the marinade, ensuring it's well coated. Let it marinate for at least 30 minutes.
- 3 Preheat the grill to medium-high heat.
- 4 Grill the marinated octopus for about 4-5 minutes per side, until charred and cooked through.
- 5 Remove from the grill and let it rest for a few minutes before slicing and serving.