

Grilled Octopus with Lemon Herb Dressing

A delightful main dish featuring tender, grilled octopus drizzled with a zesty lemon herb dressing. This dish is perfect for seafood lovers looking for a unique and flavorful experience.



Main Dish

30 min

Total time

medium

Difficulty

350

kcal / serving

Ingredients

- 1 small octopus (about 300g)
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika
- Salt and pepper to taste
- 1 lemon (juice and zest)
- 1 tablespoon fresh parsley, chopped
- 1 clove garlic, minced
- 1 teaspoon capers, rinsed and chopped

Steps

- 1 Rinse the octopus under cold water and pat dry.
- 2 In a bowl, mix olive oil, smoked paprika, salt, and pepper. Rub this mixture over the octopus.
- 3 Preheat the grill to medium-high heat. Grill the octopus for about 4-5 minutes on each side until charred and cooked through.
- 4 In a separate bowl, combine lemon juice, lemon zest, parsley, garlic, and capers to make the dressing.
- 5 Once the octopus is cooked, remove from the grill and let it rest for a couple of minutes. Then, slice into bite-sized pieces.
- 6 Drizzle the lemon herb dressing over the grilled octopus and serve immediately.