

Grilled Octopus with Lemon-Herb Marinade

Tender and flavorful grilled octopus marinated in a zesty lemon and herb mixture.



Main Dish

120 min

Total time

Moderate

Difficulty

250

kcal / serving

Ingredients

- 1 octopus (2-3 pounds)
- 2 lemons, juiced
- 3 cloves garlic, minced
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon fresh thyme, chopped
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoons olive oil

Steps

- 1 Clean and rinse the octopus thoroughly.
- 2 In a bowl, whisk together the lemon juice, minced garlic, chopped parsley, chopped thyme, salt, black pepper, and olive oil.
- 3 Place the octopus in a large ziplock bag and pour the marinade over it. Seal the bag and massage the marinade into the octopus.
- 4 Marinate the octopus in the refrigerator for at least 2 hours, or overnight for best results.
- 5 Preheat the grill to medium-high heat.
- 6 Remove the octopus from the marinade and grill for about 3-4 minutes per side, or until slightly charred and cooked through.
- 7 Remove the octopus from the grill and let it rest for a few minutes.
- 8 Slice the octopus into serving pieces and serve with a squeeze of fresh lemon juice.
- 9 Enjoy!