

Grilled Octopus with Peppers

This simple yet flavorful dish is sure to make your mouth water! Grilled octopus is perfectly paired with grilled bell peppers for an amazing flavor experience.



Main Dish

25 min

Total time

Easy

Difficulty

261

kcal / serving

Ingredients

- 1 octopus
- 1 red bell pepper
- 1 green bell pepper
- 1 white onion
- 2 cloves of garlic
- 2 tablespoons of extra-virgin olive oil
- 1 tablespoon of parsley
- Salt and black pepper to taste

Steps

- 1 Preheat one side of your grill to medium heat and the other side to low heat.
- 2 Slice onion, garlic and peppers into thin slices and place into a large bowl.
- 3 Add octopus to the bowl and season with parsley, salt, and pepper. Drizzle the olive oil over the dish.
- 4 Place the vegetables and octopus on the medium heat side of the grill. Grill for about 10 minutes, flipping and stirring the dish occasionally.
- 5 Move the vegetables and octopus to the low heat side of the grill. Grill for about 15 minutes, stirring and turning the dish occasionally.
- 6 Serve the grilled octopus and vegetables warm. Enjoy!