

# Tender Grilled Octopus with Lemon and Herbs

This recipe features tenderized octopus marinated in a zesty mix of lemon and fresh herbs, then grilled to perfection. It's a delightful dish that showcases the unique flavors of the sea, perfect as an appetizer or a light main course.


**70 min**

Total time

**medium**

Difficulty

**300**

kcal / serving

## Ingredients

- 1 small octopus (about 250g)
- 1 lemon (juiced)
- 2 tablespoons olive oil
- 1 garlic clove (minced)
- 1 teaspoon fresh parsley (chopped)
- 1 teaspoon fresh oregano (chopped)
- Salt and pepper to taste
- Lemon wedges for serving

## Steps

- 1 Begin by tenderizing the octopus. Place it in a pot of boiling water for 30-40 minutes until tender, then remove and let it cool.
- 2 In a bowl, mix lemon juice, olive oil, minced garlic, chopped parsley, oregano, salt, and pepper.
- 3 Cut the cooled octopus into manageable pieces and add to the marinade. Let it sit for at least 30 minutes.
- 4 Preheat your grill to medium-high heat. Grill the marinated octopus pieces for about 3-4 minutes on each side until lightly charred.
- 5 Serve hot with lemon wedges on the side.