



# Octopus, avocado, orange and olive salad

By Maggie Beer

## 2 Servings

Serves

### INGREDIENTS

100mls extra virgin olive oil  
350gms octopus tentacles, skin on  
and really well tumbled  
½ tablespoon Verjuice  
10 Kalamata olives, stone in  
2 fresh bay Leaves  
Rind of 1 orange  
½ tablespoon orange juice, freshly  
squeezed  
½ tablespoon extra virgin olive oil,  
extra  
2 cups mixed salad greens (lamb  
lettuce, radicchio, rocket(not wild))  
½ ripe avocado. Sliced lengthways  
Sea salt & freshly cracked black  
pepper to season

## METHOD

1. Pat the octopus dry with kitchen towel.
2. Place a high side 21cm heavy based pot over a high heat, add the 100mls of olive oil, once this is really hot place in the octopus and sear on each side for 1 minute.
3. Then add the Verjuice, olives, bay leaves & orange rind. Place a tight fitting lid on the pot and turn the temperature down to number 1 (on Miele induction cook top).
4. Allow this to cook for 20 minutes, then remove from the heat and allow to cool to room temperature. Then remove most of the skin but leaving the suckers on.
5. Once the octopus has cooled, heat a heavy cast iron griddle pan over a high heat, once really hot place the octopus onto the pan and grill for 1 minute on each side, also add the pieces of rind, olives and bay to the griddle pan for one minute.
6. Remove from the pan and place all ingredients onto a resting plate, drizzle with orange juice and extra olive oil, allow to rest for 5 minutes.
7. Once the octopus has rested slice on the angle into 1cm pieces, place the sliced octopus, rind, olives and resting juices to a mixing bowl (discard the bay leaves).
8. Add the salad greens and Avocado and gently toss together, adjust seasoning to taste and serve.