

Grilled Octopus

Yield: 4 min
Total Time: 480 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-grilled-octopus-recipe>

Ingredients:

- 2 1/2 pounds octopus
- 2 carrots roughly chopped
- 1 stalk celery roughly chopped
- 1/2 medium onion roughly chopped
- 2 cloves garlic crushed
- 3 sprigs parsley
- 1 cup white wine
- 2 tablespoons olive oil
- 3 wine corks
- 1 clove garlic thinly sliced
- 1/2 teaspoon red pepper flakes
- 1 lemon zested
- 1/4 cup parsley leaves torn
- 3 tablespoons olive oil
- olive oil
- lemon wedges
- flat leaf parsley leaves fresh
- red onion thinly sliced

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 135 milligrams
4. Fat: 25 grams
5. Fiber: 3 grams
6. Protein: 44 grams
7. SaturatedFat: 3 grams
8. Sodium: 45 milligrams
9. Sugar: 6 grams

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