



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: FREMANTLE OCTOPUS

Did you know the species of octopus found off the WA coast is considered to be one of the best in the world for various reasons including its tenderness and flesh structure? It is also 100% sustainable and MSC certified.



3. GREEK POTATO SALAD

WITH MARINATED FREMANTLE OCTOPUS

 30 Minutes

 4 Servings

Craving something new? This easy salad is the perfect combination of soft and crisp textures. Paired with local Fremantle Marinated Octopus it is a well balanced meal that will leave you satisfied yet craving more!

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
22g	17g	37g

FROM YOUR BOX

BABY POTATOES	1kg
CONTINENTAL CUCUMBER	1/2 *
CHERRY TOMATOES	1 bag (200g)
RED ONION	1/4 *
PARSLEY	1/2 bunch *
KALAMATA OLIVES	1 tub (100g)
ROCKET LEAVES	1/2 bag (100g) *
GARLIC	1 clove
MARINATED OCTOPUS	1 tub (300g)

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, dried oregano

KEY UTENSILS

oven tray

NOTES

Halve the potatoes lengthways or quarter them so they cook faster.

You can use 1 tbsp of the oil from the octopus for the dressing, instead of the olive oil.

No fish option - marinated octopus is replaced with smoked chicken breast. Slice chicken breast and toss through salad.



1. ROAST THE POTATOES

Set oven to 220°C.
Halve potatoes (see notes). Toss on a lined oven tray with **1 tsp dried oregano, oil, salt and pepper**. Roast in oven for 20-25 minutes until cooked through.



4. CRUSH THE POTATOES

When potatoes are cooked, crush them lightly with a fork (don't over mash).



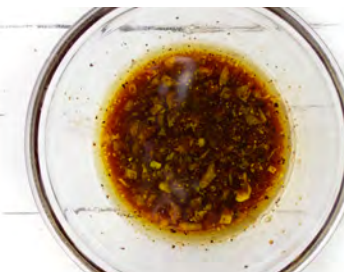
2. PREPARE FRESH COMPONENTS

Deseed and slice cucumber. Halve tomatoes. Thinly slice onion. Roughly chop parsley and olives. Set aside with rocket leaves.



5. TOSS THE SALAD

Toss the cooked potatoes with fresh components, marinated octopus and dressing.



3. PREPARE THE DRESSING

Whisk together **2 tbsp balsamic vinegar, 2 tbsp olive oil** (see notes). Crush in 1 small garlic clove and season with **salt and pepper**.



6. FINISH AND PLATE

Divide salad among plates to serve.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

