



### Product Spotlight: Fremantle Octopus

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



## Marinated Octopus with Crispy Roast Potato Salad

This easy salad is the perfect mixture of soft and crisp textures with marinated octopus, crispy roast potatoes and fresh vegetables.



35 minutes



4 servings



Fish

7 April 2023

## Focaccia!

*Skip the roast potatoes and grab some fresh focaccia. Use the tossed salad to fill the focaccia for a delicious summer's night dinner enjoyed in your backyard, beachside or at a picnic with friends.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	13g	25g	54g



## FROM YOUR BOX

BABY POTATOES	800g
LEBANESE CUCUMBER	1
TOMATOES	2
SHALLOT	1
PARSLEY	1 packet
KALAMATA OLIVES	1 tub
MARINATED OCTOPUS	1 tub
MESCLUN LEAVES	1 bag (120g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, dried oregano

## KEY UTENSILS

oven tray

## NOTES

Halve potatoes lengthways or quarter them so they cook faster.

You can use the oil from the octopus to make the dressing instead of olive oil.



### 1. ROAST THE POTATOES

Set oven to 220°.

Halve potatoes (see notes). Toss on a lined oven tray with **2 tsp dried oregano, oil, salt and pepper**. Roast 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. MAKE THE DRESSING

In a large bowl whisk together **2 tbsp balsamic vinegar, 2 tbsp olive oil** (see notes), **salt and pepper**.



### 3. PREPARE THE INGREDIENTS

Thinly slice cucumber, dice tomatoes and thinly slice shallot. Roughly chop parsley leaves and olives. Add to the dressing bowl.



### 5. TOSS THE SALAD

Drain marinated octopus. Add to salad bowl along with crushed potatoes and mesclun leaves. Toss until well combined.



### 6. FINISH AND SERVE

Divide salad among plates or shallow bowls to serve.



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