



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.



Octopus Potato Salad with Crispy Capers

Our chef Madi crafted this octopus and potato salad as a tribute to her Croatian mother-in-law. Inspired by her recipe, Madi's version brings back memories of warm summer gatherings with loved ones, and she hopes it will bring the same joy to your table.



30 minutes



2 servings



Fish

Bulk it up!

To bulk up this dish, serve the salad with either thick slices of crusty bread, garlic bread, add olives, slices of grilled chorizo, grilled capsicum, boiled eggs, or fresh leafy greens.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	48g	85g

FROM YOUR BOX

MEDIUM POTATOES	3
SPRING ONIONS	1 bunch
GARLIC CLOVE	1
CHERRY TOMATOES	200g
CELERY STICK	1
BABY CAPERS	1 jar
MARINATED OCTOPUS	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar

KEY UTENSILS

frypan, saucepan

NOTES

Boil kettle and cover with hot water to speed up the process.

For extra flavour, add the marinating oil from the octopus to your dressing. You can also add a finely sliced red chilli or sprinkle of dried chilli flakes.



1. BOIL THE POTATOES

Roughly chop **potatoes**. Place in a saucepan and cover with water (see notes). Cover and bring to a boil. Simmer for 10–15 minutes until tender. Drain and return to saucepan.



2. MAKE THE DRESSING

Finely slice **spring onions** (reserve green tops for step 3). Crush **garlic**. Add to a large bowl as you go along with **3 tbsp olive oil** (see notes) and **1 tbsp vinegar**. Mix to combine.



3. PREPARE THE INGREDIENTS

Halve **tomatoes**. Finely slice **celery** and reserved spring onion green tops. Add to dressing as you go.



4. CRISP THE CAPERS

Drain **capers** and pat dry. Heat a frypan over medium-high heat with **1 tbsp oil**. Add capers and cook for 5 minutes until capers are crispy.



5. TOSS THE SALAD

Drain **octopus**. Add octopus and potatoes to bowl with prepared ingredients. Season to taste with **salt and pepper**. Toss to combine.



6. FINISH AND SERVE

Serve salad tableside. Top with crispy capers.



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