




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 Marinated Octopus And Crispy Roast Potato Salad

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

 35 minutes

 2 servings

 Fish

24 December 2021

Focaccia!

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

Per serve: **PROTEIN** 19g **TOTAL FAT** 46g **CARBOHYDRATES** 49g

FROM YOUR BOX

BABY POTATOES	1 bag (400g)
LEBANESE CUCUMBER	1
CHERRY TOMATOES	1 bag (200g)
SHALLOT	1
PARSLEY	1 bunch
KALAMATA OLIVES	1 tub
MARINATED OCTOPUS	1 tub (200g)

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.

No fish option - marinated octopus is replaced with pre-cooked chicken breast. Roughly chop and add to salad at step 5.



1. ROAST THE POTATOES

Set oven to 220°.

Halve potatoes (see notes). Toss on a lined oven tray with **1 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 **1 1/2 tbsp balsamic vinegar, 1 1/2 tbsp olive oil** (see notes), **salt and pepper**.



3. PREPARE INGREDIENTS

Thinly slice cucumber, halve cherry tomatoes and thinly slice shallot. Roughly chop parsley leaves and olives. Place in the bowl with dressing.



5. TOSS THE SALAD

Add potatoes to bowl with dressing and fresh ingredients along with drained octopus. Toss until well combined.



6. FINISH AND SERVE

Divide salad among plates or shallow bowls to serve.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

