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**Recipe:**
Octopus salad




**Ingridients:**
160 dag octopus
1/2 x onion
1 x lemon
4 x tablespoons olive oil
1 x tablespoon wine vinegar
1/2 x teaspoon salt
1 x pinch of pepper
2 x cloves of garlic
5 x sprigs of parsley

**Difficulty:**

**General description and procedure:**

- Fill a pot with water and place it on the stove. Place the cleaned octopus headfirst into the boiling water, covering it with a lid. Initially, cook it at high heat, then reduce to medium heat. Cook covered for approximately 50-60 minutes. Cooking time depends on the weight and size of the octopus.

- While cooking, prepare the parsley by roughly chopping it and finely chop the garlic.

- Remove the cooked octopus from heat and let it cool.

- Once cooled, drain and peel the octopus. Slice it thinly and transfer to a bowl. Add salt, ground pepper, garlic, and parsley to the sliced octopus.

- Additionally, to step 4, add extra virgin olive oil, lemon juice, vinegar, and mix everything well. Cover the bowl with foil and refrigerate for at least 45 minutes.

- The dish is ready to be served. You can also serve it with toasted bread slices.