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## Recipe:

Octopus salad

## Ingredients:

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.