

ROAST OCTOPUS SALAD WITH “ZINGARA” MIXED VEGETABLES AND POTATOES



INGREDIENTS FOR 4 PORTIONS

- 400g octopus
- 300g Mixed Vegetables in Sunflower Oil "Alla Zingara"
- 100g potatoes, boiled and cubed
- rocket
- q.s. basil
- q.s. parsley
- q.s. Extra-Virgin Olive Oil
- q.s. Sea Salt Flakes
- q.s. Black Pepper, Ground

METHOD

- Boil the octopus in plenty of water with the vegetables, salt and white wine.
- When cooked, cut into large chunks and sear them in a frying pan with seasoning.
- Put the vegetables and potatoes in a bowl and dress with the chopped basil and parsley, oil, salt and pepper.
- Place the rocket on a serving dish, arrange the vegetables and top with the octopus.
- Garnish to taste and serve.

PRODUCTS IN THIS RECIPE



**Mixed Vegetables in
Sunflower Oil
"Alla
Zingara"**



Extra-Virgin Olive Oil



Sea Salt Flakes



Black Pepper, Ground