

# 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  
&quot;Alla  
Zingara&quot;**



**Extra-Virgin Olive Oil**



**Sea Salt Flakes**



**Black Pepper, Ground**