



Octopus on marinated pepper

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Mix the pepper with the other ingredients and stand for 10 minutes.

Grill the octopus in the oil and season.
Serve with the pepper.

Pepper:

200 g red pepper,
seeded, quartered in
diamond shapes

200 g yellow pepper,
seeded, quartered in
diamond shapes

salt/pepper

acacia honey

juice of ½ lemon

2 spring onions,
sliced into rings

Octopus:

600 g octopus,
pre-cooked

3 tbsp olive oil

salt/pepper

If you cannot find
octopus, prawn or
shrimp skewers would
also work well in this
recipe.