

SMART CARBS



MORE
THAN 100
LOW-CARB
& KETO
RECIPES

MAKE CARBS WORK FOR YOU AND
UNLOCK THE KEY TO WEIGHT LOSS
AND GREAT HEALTH!

LUKE HINES

Chargrilled octopus with slaw and tartare



SERVES 4

I really want to encourage you guys to cook outside of your comfort zone, and part of that means celebrating protein sources you wouldn't normally cook with on a regular basis. For me, one of these ingredients has been octopus, but since I learned to cook it like this I haven't looked back. While it's seriously delicious and also really nutritious, the thing that makes this recipe a real winner is how easy it is to put together. You can easily ask your fishmonger to prepare just the tentacles for you, or simply use the whole octopus as I have here.

1 kg large octopus, whole or just tentacles (ask your fishmonger to prepare these for you)
2 tablespoons apple cider vinegar
juice of 2 lemons, plus extra lemon wedges to serve
125 ml (½ cup) extra-virgin olive oil
2 garlic cloves, smashed
2 tablespoons oregano leaves
2 teaspoons sea salt

Cabbage slaw

¼ savoy cabbage, shredded
1 carrot, shredded
3 tablespoons extra-virgin olive oil
2 tablespoons apple cider vinegar
1 teaspoon dried chilli flakes
zest and juice of 1 lemon

Tartare

150 g (½ cup) Mayo (see page 262)
1 teaspoon apple cider vinegar
1 teaspoon dried dill
1 teaspoon dijon mustard
sea salt and freshly ground black pepper

Preheat the oven to 180°C and line a roasting tin with baking paper.

Wash the octopus under cold water and place in the prepared roasting tin with 125 ml (½ cup) water and the apple cider vinegar. Cover the tin with foil – being sure to secure the edges to seal it well – and cook for about 40–45 minutes, or until the octopus is tender when pressed with a fork. Check on it once or twice during this cooking time to ensure it hasn't dried out, adding a dash more water and apple cider vinegar for moisture if necessary.

Transfer the octopus to a large heatproof bowl and add the lemon juice, olive oil, garlic, oregano and salt and mix together well. Cover with plastic wrap and leave to marinate for 30 minutes.

Meanwhile, to make your slaw, combine the cabbage and carrot in a large bowl, add the olive oil, apple cider vinegar, chilli flakes, lemon zest and juice and mix together well with your hands.

To make the tartare, mix all the ingredients in a bowl until well combined.

Heat a chargrill pan or barbecue grill to high. Add the octopus and cook for 3–4 minutes on each side, or until nicely charred and crispy around the edges. Remove from the heat.

Serve the octopus whole on a platter or slice into rough pieces and divide among plates with the cabbage slaw, dollops of the tartare sauce and lemon wedges for squeezing.

