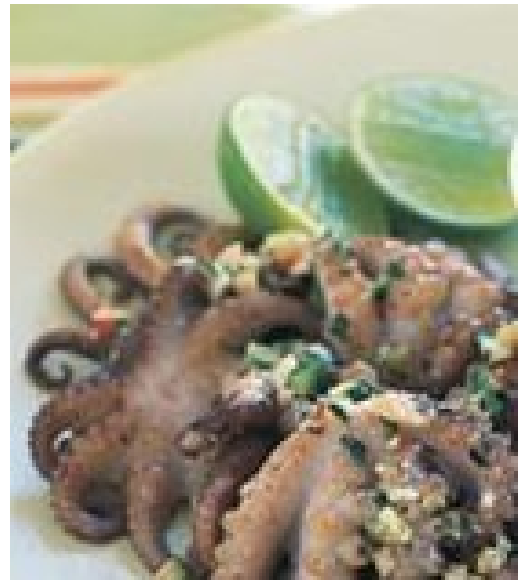


Recipe of the Week!

Chargrilled Lemon Baby Octopus

(Serves 8)

2kg Baby Octopus
3/4 cup fresh lemon juice
1/2 cup olive oil
2 garlic cloves, crushed
1/2 cup chopped fresh parsley
Salt & ground black pepper, to taste



Combine lemon juice, olive oil, garlic and parsley in a large bowl and whisk well. Season with salt and pepper.

Add octopus to the lemon marinade and mix well.

Cover with plastic wrap and place in fridge for at least 2 hours or overnight, tossing it occasionally.

Preheat barbecue grill or chargrill on high.

Drain octopus and reserve the marinade for basting. Cook the octopus on preheated grill in 2 batches, brushing with the reserved marinade frequently, for 2 minutes or until just cooked.

Serve octopus warm or at room temperature.