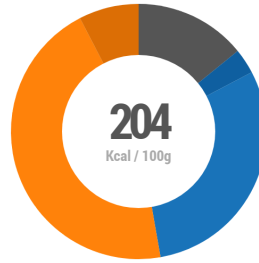


Panino con polpo (website)

OVERVIEW ...



CALORIES:

33.1% Carbs

14.1% Protein

52.7% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT,
BARLEY, RYE



MOLLUSCS

MAY CONTAIN:



HAZELNUTS,
ALMONDS,
CASHEWS



SESAME

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

127083 Dockside Octopus Tentacles Cooked 70-120g.. - BRAKES

127083 OCTOPUS

70g

0.84 x Each

unchanged

136367 La Boulangerie Part Baked Ciabatta Rolls..

PART BAKED CIABATTA ROLLS

70g

1 x Each

unchanged

113881 Herb Bunched Flat Leaf Parsley.. - BRAKES

113881 PARSLEY FRESH DIRECT

10g

0.1 x Each

N/A

127282 Seasoned Chunky Avocado Smash.. - BRAKES

127282 SEASONED CHUNKY AVOCADO SMASH

30g

0.06 x Each

N/A

10357 Plum Tomatoes.. - BRAKES

10357 TOMATOES

30g

0.02 x Each

unchanged

33889 Olive Oil.. - BRAKES

33889 OLIVE OIL BRAKES

20ml

0.01 x Each

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 230g / 475kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Defrost the octopus
Defrost the rolls
Chop the parsley
Roughly chop the tomatoes finely
Defrost the avocado mix

Method:

1. Drain the chopped tomatoes to remove excess moisture, season with salt and pepper, sugar and half the olive oil.
2. Oil the rolls and quickly grill or bar mark.
3. In a pan gently warm the remaining oil and add the octopus to just warm it - add in the parsley and season.
4. Spread the rolls with the avocado and dress with the octopus and tomato mix - serve !