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.. - 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.. - 113881 PARSLEY FRESH DIRECT	10g	0.1 x Each	*N/A*
127282 Seasoned Chunky Avocado Smash.. - 127282 SEASONED CHUNKY AVOCADO SMASH	30g	0.06 x Each	*N/A*
10357 Plum Tomatoes.. - 10357 TOMATOES	30g	0.02 x Each	*unchanged*
33889 Olive Oil.. - 33889 OLIVE OIL	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 !