

By: Miguel Ángel Mateos



Octopus Salad with Mango and Morado Garlic.



DIFFICULTY
LOW



CUISINE
FUSION



SERVES
4



TYPE OF DISH
STARTER



PREPARATION TIME
30 MINUTES



TYPE OF GARLIC
MORADO

Ingredientes

- 2 cloves of 'Big Garlic' Morado Garlic
- 2 400g octopus tentacles
- 1 green Italian pepper
- 1 red bell pepper
- 1 ripe mango
- Fresh parsley
- 100g raspberries
- Extra virgin olive oil
- Sherry vinegar

Paso a Paso



1. Peel and finely chop the garlic cloves.
2. Chop the octopus tentacles into slices of more or less equal size and put in a bowl.
3. Cut the peppers into thin strips and then again into small squares of more or less equal size.
4. Chop the raspberries, not too finely, and put aside.
5. Peel the mango and cut into small cubes of the same size as the peppers.
6. In the same bowl where you previously put the octopus, add the mango, garlic, raspberries and peppers. Add a dash of extra virgin olive oil, a little sherry vinegar and fine salt.
7. Stir everything together until well combined with the oil, allowing the flavours to mix.



FINISHING THE DISH

8. Arrange the octopus, mango and morado garlic salad in a suitably deep dish, giving it a bit of height and garnishing with a bunch of fresh parsley or chopped parsley sprinkled on top.

CHEF'S TIPS Miguel Ángel Mateos:

- In this salad, you can substitute the sherry vinegar for the juice and zest of a lime to give the dish an extra kick of freshness.
- You can also add fresh chopped coriander and a little red onion cut into thin julienne strips to give the impression of an octopus and morado garlic ceviche.