



Fried octopus with sweet potato purée



Categoria
Peixe



Tempo de preparação
Demorado



Dificuldade
Fácil



Custo
Select




Com quem?
Select



Nº de pessoas
4 pessoas

Ingredientes

 200ml of Victor Guedes
Extra Virgin

- 800g of cooked octopus
- 600g of sweet potatoes
- 150g of onions
- 150g of red onions
- 100g of spinach leaves
- 150g of maize semolina
- 10g of sugar
- Salt and pepper, to taste
- Porto wine vinegar, to taste

Modo de preparação

1

Bake the sweet potatoes in the oven without peeling them for 35 minutes at 180°C (356°F).

2

Slice the onions and braise them in a frying pan with Victor Guedes Olive Oil Extra Virgin. Season with salt, sprinkle sugar, and add vinegar on top. Cover and leave it to simmer for ten minutes.

3

After the potatoes have been baked, peel them and crush them with a fork.

4

Place them in a preserving pan with Victor Guedes Olive Oil Extra Virgin and add the spinach.

5

Stir until all the spinach is cooked.

6

Cut the octopus into large slices, mix them with the maize semolina, and let them fry until they are golden brown.

7

Best served with caramelised onion on the bottom, then the sweet potato purée, and the octopus on top adding a little Porto wine vinegar reduction for that special touch.

Produtos utilizados



Extra Virgin
Extra Virgin Olive Oil



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