



# Octopus salad

Recipe by V-ZUG Ltd.



Preparation  
Cooking  
time  
Portions            4

octopus with celery and apple

## Octopus

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1 kg whole octopus, ready for cooking

Some salt

## Vinaigrette

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200 ml olive oil

100 ml white balsamic vinegar

50 ml apple juice

1 tsp sugar

1½ tsp salt

Some pepper

## Salad

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2 stalks of celery

2 sour apples (e.g. Granny  
Smith)

## Serving

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1 bunch of basil, coarsely chopped

1 bunch of flat-leaved parsley, coarsely chopped

1 unwaxed lemon, some grated zest and juice

