

Grilled octopus with ponzu sauce and capers

Total time **85 mins** 15 mins preparation time 10 mins cooking time 60 mins marinating time

Nutritional facts (per portion):
2867 kJ / 686 kcal

Fat: **50 g** Protein: **34 g**
Carbohydrates: **22 g**

INGREDIENTS

2 portion(s)

Octopus:

400 g octopus tentacles (blanched)
4 tbsp Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
2 cloves of garlic
0.5 tsp ground sweet paprika
1 tbsp olive oil
1 pinch of chilli flakes

Salsa:

100 g cherry tomatoes
50 g capers
0.5 tsp grated lemon zest
2 tbsp olive oil
A few leaves of fresh basil

Ponzu butter:

150 ml sake
4 tbsp Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
1 tbsp lemon juice
100 g butter

PREPARATION

Step 1

400 g octopus tentacles (blanched) - **4 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **2** cloves of garlic - **0.5 tsp** ground sweet paprika - **1 tbsp** olive oil - **1 pinch** of chilli flakes
Cut the blanched octopus into smaller pieces.

Mix the Kikkoman Ponzu Lemon in a bowl with the crushed garlic, sweet paprika, olive oil and chilli. Add the octopus tentacles and marinate in the refrigerator for 1 hour.

Step 2

100 g cherry tomatoes - **50 g** capers - **0.5 tsp** grated lemon zest - **2 tbsp** olive oil - A few leaves of fresh basil
To prepare the salsa, quarter the cherry tomatoes, add the capers, lemon zest and olive oil. Tear and add the basil leaves.

Step 3

150 ml sake - **4 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **1 tbsp** lemon juice - **100 g** butter
Bring the sake, Kikkoman Ponzu Lemon and lemon juice to the boil in a pan (approx. 1 min). Add the butter and remove from the heat. Stir until the butter melts and a smooth sauce forms.

Step 4

Grill the octopus for about 3 minutes on each side. Serve with the salsa and ponzu butter.