Fried octopus with sweet potato purée

Categoria	*Tempo de preparação*	*Dificuldade*	*Custo*	*Com quem?*	*Nº de pessoas*
Peixe	Demorado	Fácil	Select	Select	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 180ºC (356ºF).
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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