



HEALTH SCORE

75%

Grilled Octopus with Celery and Cannellini Bean Salad



Dairy Free



Very Healthy

READY IN



625 min.

SERVINGS



4

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups baby arugula washed
- ☐ 1 bay leaf
- ☐ 3 bay leaves
- ☐ 4 servings big fat finishing oil
- ☐ 1 carrots peeled
- ☐ 1 carrots peeled cut into 1/2-inch lengths
- ☐ 1 rib celery

- ☐ 1 rib celery cut into 1/2-inch lengths
- ☐ 0.5 cup celery leaves
- ☐ 3 celery ribs light green very thin cut from the delicate inside
- ☐ 0.5 cup chicken stock see
- ☐ 1 pinch pepper red crushed
- ☐ 1 cup .5 can cannellini beans dried
- ☐ 2 cloves garlic
- ☐ 2 cloves garlic smashed
- ☐ 2 cloves garlic smashed finely chopped
- ☐ 1 juice of lemon juiced
- ☐ 4 servings kosher salt
- ☐ 1 pound baby octopus
- ☐ 4 servings olive oil extra-virgin
- ☐ 0.5 onion spanish
- ☐ 0.5 onion red cut in half
- ☐ 0.5 onion red thinly sliced
- ☐ 1 cup red wine vinegar
- ☐ 1 bundle thyme fresh

Equipment

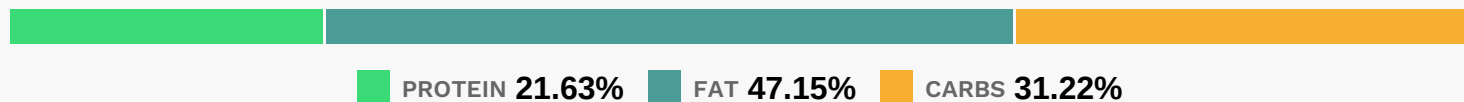
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill

Directions

- ☐ To make the octopus: Coat a large saucepan with olive oil and toss in the garlic, carrot, celery and onion. Season with salt and crushed red pepper and bring the pan to a medium-high heat. Cook the veggies until they are soft and aromatic, 7 to 8 minutes.

- ☐ Add the vinegar and fill the pan with water. Season with salt, toss in the bay leaves and bring the water to a boil. Reduce to a simmer and simmer for 20 minutes.
- ☐ Add the baby octopus and simmer for 20 minutes.
- ☐ Remove from the liquid and let cool. (This part can soooooooo be done ahead.)
- ☐ To prep the salad: Coat a large straight-sided saute pan with olive oil, toss in the onions, season with salt and crushed red pepper. Bring the pan to a medium heat and cook the onions until they start to soften, 2 to 3 minutes.
- ☐ Add the garlic and cook for 1 to 2 minutes. Toss in the beans, chicken stock and celery and cook until the stock has reduced by a little more than half. Turn off the heat and reserve the bean mixture.
- ☐ Preheat the grill.
- ☐ Cut the heads off the octopus and cut the legs into sections of 2 legs. Oil the legs and place them on the grill to slightly char and heat up the octopus.
- ☐ In a large bowl, toss the arugula and celery leaves with the lemon juice and olive oil and season with salt. Divide among 4 serving plates and spoon some of the warm bean mixture onto the arugula. Arrange the legs between the plates.
- ☐ Drizzle with big fat finishing oil.
- ☐ Drain the beans from the soaking water and place in a medium saucepan. Toss in the garlic cloves, bay leaf, carrot, celery, thyme and onion.
- ☐ Add water to the pan until it covers the beans by about 2 inches.
- ☐ Put the pan on a high heat and bring the water to a boil, reduce to a simmer and simmer until the beans are very soft and tender, 35 to 40 minutes. Turn the heat off.
- ☐ Season the water generously with salt and let sit for 15 minutes.
- ☐ Drain the beans from the cooking liquid and remove the veggies, bay and thyme and discard.

Nutrition Facts



Properties

Glycemic Index:117.42, Glycemic Load:2.58, Inflammation Score:-10, Nutrition Score:43.086087185404%

Flavonoids

Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 1.52mg, Apigenin: 1.52mg, Apigenin: 1.52mg, Apigenin: 1.52mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 2.71mg, Isorhamnetin: 2.71mg, Isorhamnetin: 2.71mg, Isorhamnetin: 2.71mg Kaempferol: 7.42mg, Kaempferol: 7.42mg, Kaempferol: 7.42mg, Kaempferol: 7.42mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.94mg, Quercetin: 9.94mg, Quercetin: 9.94mg, Quercetin: 9.94mg

Nutrients (% of daily need)

Calories: 579.93kcal (29%), Fat: 30.33g (46.66%), Saturated Fat: 3.5g (21.87%), Carbohydrates: 45.19g (15.06%), Net Carbohydrates: 34.69g (12.61%), Sugar: 5.98g (6.65%), Cholesterol: 55.33mg (18.44%), Sodium: 580.74mg (25.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.31g (62.62%), Vitamin B12: 22.68µg (377.99%), Vitamin A: 5885.49IU (117.71%), Selenium: 59.07µg (84.39%), Iron: 12.37mg (68.72%), Folate: 264.63µg (66.16%), Manganese: 1.25mg (62.57%), Vitamin K: 57.46µg (54.72%), Copper: 1.09mg (54.44%), Potassium: 1736.53mg (49.62%), Phosphorus: 426.8mg (42.68%), Vitamin E: 6.38mg (42.55%), Fiber: 10.5g (42%), Vitamin B6: 0.79mg (39.55%), Magnesium: 156.31mg (39.08%), Zinc: 4.17mg (27.78%), Calcium: 261.15mg (26.12%), Vitamin C: 19.51mg (23.65%), Vitamin B1: 0.33mg (22.2%), Vitamin B3: 3.71mg (18.53%), Vitamin B2: 0.22mg (13.19%), Vitamin B5: 1.3mg (13.03%)