

How to Grill Octopus Greek-Style with Lemon, Garlic & Herbs

Greek Grilled Octopus with Lemon and Oregano



TIME
60 min

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ChefManiac

INGREDIENTS

2 lbs octopus, fresh or frozen (thawed if frozen)
4 cloves garlic, minced
1 lemon, sliced into rounds
1 tsp dried oregano
... cup olive oil
2 tbsp fresh lemon juice
Salt & black pepper, to taste
Fresh parsley, chopped (for garnish)

DIRECTIONS

- 1.** Prep the Octopus: If using frozen octopus, thaw it completely in the fridge overnight. Rinse thoroughly under cold water, making sure it's cleaned properly (remove beak and internal organs if necessary).
- 2.** Simmer Until Tender: Place the octopus in a large pot with a few lemon slices and enough water to cover. Simmer gently over medium-low heat for 45-60 minutes until fork-tender. Drain and let cool slightly.
- 3.** Marinate: Cut the cooled octopus into manageable pieces—tentacles and body portions. Toss in a bowl with olive oil, minced garlic, oregano, lemon juice, salt, and pepper. Let sit for 15-30 minutes at room temperature (or up to 4 hours in the fridge).
- 4.** Grill: Preheat your grill to medium-high heat. Grill the octopus for 3-4 minutes per side until slightly charred and crisp at the edges. Avoid overcooking—it's already tender from boiling.
- 5.** Garnish & Serve: Transfer to a platter. Sprinkle with fresh parsley, and serve with extra lemon slices on the side. Drizzle with a bit more olive oil for a true Greek finish.

TIPS FOR SUCCESS

Tenderness is key : Don't skip the simmering step—it ensures the octopus won't be rubbery.

Use a stovetop grill pan or broiler.

Flavor boost : Add a splash of white wine to the simmering water or a pinch of chili flakes to the marinade.

Meal ideas : Serve with crispy roasted potatoes , grilled vegetables , or a side of Greek orzo salad (if available in approved links). ?

