



## Whole Octopus

### Specification:

SIZE	PACK	ORIGIN	STORAGE
5 or 6 pcs per 10kg	10kg/ctn	China	At or below -18°C

### Cooking Method:

1. Unpack and defrost it
2. Fry with oil in a pan, or cook it in a steam.
3. You can also heat it by oven for about 10minutes at 180°C

### Ingredient:

Octopus, water, seasoner



### Other related products:

