



Our 20 Favorite Sustainable Seafood Recipes

If you're looking to add more sustainable seafood recipes to your cooking repertoire, we've hand-selected 20 of our very favorites. Eating sustainably from the sea is a lot easier than you think — a lot of your most-loved fish (and shellfish, especially) are on this list. Peruse our list and next time you're at the fish market, consult [The Good Fish Guide](#), a list of your best options from the sea. We've got spicy, fried, poached, grilled, freshly shucked and much more.



RECIPE: [MARC MURPHY-STYLE GRILLED OCTOPUS SALAD](#)

This salad is a celebration of the beautiful combination that is octopus and chorizo — a match made in heaven. It's important that once your octopus is cooked, you let it rest and come to room temperature before grilling. Don't think of grilling as an extra step — it takes only a few minutes and substantially enhances the taste of octopus by creating smoky, crispy bits on the outside while the inside stays tender.