

Name: Octopus rice(たこ飯)

Ingredients (4 servings)

2 cups rice

200g fresh octopus

1 tablespoon sake

1 tablespoon mirin (sweet cooking rice wine)

3 tablespoons soy sauce

1 sprig ginger

green onion, to taste

Nutritional information (4 servings)

Calories 1301kcal

Protein 33.1g

Fat 3.3g

Total salt 6.9g

Total vegetables 20g

Preparation

1 Wash rice, soak in water for 30 minutes, and drain in a colander.

2 Sprinkle salt (not included) generously over the octopus and rinse well. Rinse off any sliminess and cut into 2 cm pieces.

3 Cut ginger into thin strips.

4 Put 1 and A in a rice cooker, add water according to the scale of the inner pot, mix, and cook 2 and 3 on top.

5 When the rice is finished cooking, give it a quick stir and serve in a bowl.

Arrangement of recipe

Carrots may be added for a more colorful finish. For raw octopus, freeze octopus in a freezer for a longer period of time to remove the sliminess and make it more tender.