



Akari's Recipe

Braised Rice with Octopus and Zucchini

Ingredients (for 2 servings)

- $\frac{2}{3}$ cup (100 g) rice, washed well and drained in a colander for at least 30 minutes
- 3.5 oz (100 g) boiled octopus, cut into $\frac{1}{2}$ inch (1–1.5 cm) cubes
- 1 zucchini, cut into $\frac{1}{2}$ inch (1–1.5 cm) cubes
- $\frac{1}{4}$ onion, cut into $\frac{1}{3}$ inch (0.8–1 cm) pieces
- 1 garlic clove, crushed
- 1 Tbsp olive oil
- A pinch of salt (used 3 times during cooking)
- 2 cups (500 ml) water
- $\frac{1}{3}$ tsp salt, for finishing
- Black pepper, to taste
- Chopped parsley, to taste



Instructions



1. Sauté the Aromatics

Heat olive oil in a pot over medium heat. Add the onion, garlic, and a pinch of salt, and cook until the onion turns translucent.



2. Add the Octopus and Zucchini

Add the octopus, zucchini, and another pinch of salt. Cook for about 2 minutes, until the zucchini begins to release its moisture.



3. Add the Water and Simmer

Add 2 cups (500 ml) water and a pinch of salt. Bring to a boil, then cover and simmer over low heat for 20 minutes, evenly on top.



4. Cook the Rice

Add the rice and bring back to a boil over medium heat. Give it a quick stir, then cover and cook over low heat for 10 to 12 minutes.



5. Season and Serve

Add $\frac{1}{3}$ tsp salt and adjust the seasoning to taste. Ladle into bowls and finish with a sprinkle of black pepper. Garnish with chopped parsley, if desired.

Tips:

- For a different finishing touch, try a sprinkle of smoked paprika instead of black pepper.
- If octopus is hard to find or feels like a stretch, Akari recommends chicken thighs or squid as an equally delicious substitute.