



Aug. 19, Fri. 2016

Rika's TOKYO CUISINE

Wasabi Butter Sautéed Octopus



Seafood

Difficulty



Ingredients (Serves 4)

120 g boiled octopus
30 g butter
1/2 tbsp soy sauce
wasabi paste
shiso leaves

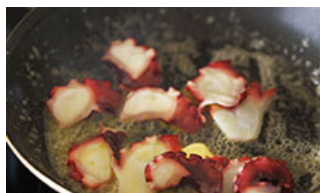
Directions



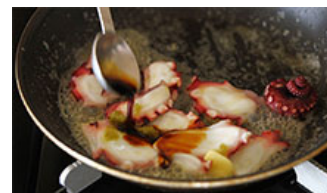
1. Cut the boiled octopus into slices 7 mm thick.



2. In a frying pan, melt the butter and stir the wasabi paste into it.



3. Add the boiled octopus and briefly sauté.



4. Turn off the heat, add the soy sauce and toss.



5. Serve on a plate and garnish with thinly chopped **shiso** leaves.

Tips

You only need to sauté the octopus for a few seconds — just long enough to coat it with butter.



JAPANESE FOOD
— Healthy, Seasonal, Delicious —
TOP CHEFS: HOME COOKING