

VanGohan Recipe: Week of 2024-07-29

Hokkaido Style Fried Chicken

Things you need to prepare

- Cooking oil

Instructions

1. Marinate chicken with Seasoning① and leave it in a refrigerator for 15-30 mins
2. Add potato starch to marinated chicken
3. Heat a pan with 1cm cooking oil, stir-fry both side for 3-5 mins each on medium heat
4. Cook both side for another min each on high heat to make it crispy
5. Arrange chicken with vegetables and lemon on a plate
6. Please make sure chicken is cooked well

Japanese Traditional Simmered Fish

Things you need to prepare

- 200ml water

Instructions

1. Wipe the moisture off the fish
2. Boil Seasoning② and 200ml water in a pot on low to medium heat
3. Cook fish and skim off the scum
4. Simmer 5-8 mins. Drop a piece of aluminum foil to cover it entirely. When the soup is too little to cover the entire fish, ladle soup and pour on fish
5. Put okra and radish in and simmer a few more mins

Pomodoro Pasta Sauce

Things you need to prepare

- Pasta noodle
- Salt

Instructions

1. Boil pasta with salt
2. Mix boiled pasta, Sauce in the pan
3. Add the pasta boiled water to adjust the taste (also recommended when the sauce is too dry)
4. Add some protein or vegetables as you want

PACKAGE OF THE WEEK

- 今週のメニュー -

JULY 30, 2024

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



北海道ザンギ HOKKAIDO STYLE FRIED CHICKEN

Chicken, Lemon, Lettuce,
Seasonings
(incl. Soy Sauce, Garlic,
Oyster Sauce, Potato
Starch)



白身魚の煮つけ JAPANESE TRADITIONAL SIMMERED FISH

White Fish, Okra, Ginger,
Seasonings (Incl. Soy Sauce)

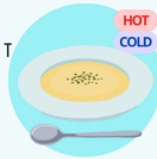
SIDE サイド (COOKED)

INGREDIENTS
材料



焼きナストマトのマリネ MARINATED EGGPLANT AND TOMATO

Tomato, Eggplant, Lemon,
Olive Oil, Soy Sauce,
Vinegar



豆乳味噌ポタージュ SOY MILK MISO POTAGE

Potato, Onion, Soy Milk,
Miso

RICE/NOODLE ごはん/麺類 (MEAL KIT)



トマトパスタソース POMODORO PASTA SAUCE

Carrot, Celery, Onion, Tomato
Seasonings (Incl. Garlic, Almond,
Maple Syrup, Stock, Olive Oil)
*This doesn't contain pasta noodles

※お米/パスタは別途\$1で2人前お届けが可能です
※YOU CAN ORDER RICE/PASTA FOR \$1 PER 2 SERVINGS

ON THE HOUSE プラスワン



大根甘酢漬 PICKLED DAIKON

Daikon, Vinegar, Sugar

※商品には密封された生肉を含みます。冷蔵でお届けいたしますが、
オフィスお届けでお持ち帰りまでにお時間がかかる場合は、冷蔵庫で保存してください。
お届け日から3日以降に調理する予定の場合は、商品（特に肉魚）を冷凍してください。
※ We deliver products which contains sealed raw meats refrigerated.
Please keep them refrigerated until you leave your office. If you plan to cook the products
after 3 days from delivery, we recommend to freeze ingredients especially meats and fish.