

VanGohan Recipe: Week of 2024-02-05

Grilled Salmon With Mushroom Sauce

Things you need to prepare

- Cooking oil
- Salt and pepper

Instructions

1. Heat cooking oil on medium heat, grill salmon (skin side down) for 5-7 mins, then remove salmon on a plate
2. Clean the pan, heat Seasoning② for a min and cook mushroom and onions with salt and pepper on high heat
3. When vegetables get soft, add and cook Seasoning③ for a few mins. Then pour it on salmon

Mushroom & Tuna Japanese Style Pasta Sauce

Things you need to prepare

- Pasta noodle
- Water
- Salt

Instructions

1. Boil pasta with salt
2. Heat pasta sauce and adjust the taste with salted water from step1 (add salt & pepper if you want)
3. Put green onion and seaweed on top
4. Please adjust the taste with water that boiled pasta
5. 160g to 200g pasta before boiled are for 2 people

Teriyaki Mayo Chicken

Things you need to prepare

- Cooking oil

Instructions

1. Marinate chicken with Seasoning① about 10 mins
2. Cook chicken and vegetables with cooking oil on medium heat for 3-5 mins each side
3. When cooked, add the marinated sauce in and cook another minute

4. Arrange with leaves and tomatoes on plate

5. Please make sure chicken is cooked well



1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

FEB 6, 2024

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



サーモンの
キノコあんかけ
GRILLED SALMON
WITH MUSHROOM
SAUCE

Salmon, Shimeji Mushroom,
Garlic, Butter, Wine, Soy
Sauce



照りマヨチキン
TERIYAKI MAYO
CHICKEN

Chicken, Arugula, Tomato,
Seasonings (Incl. Soy
Sauce, Mayo)

SIDE サイド (COOKED)

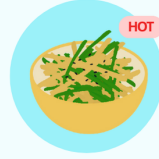
INGREDIENTS
材料



HOT

根菜の煮物
SIMMERED ROOT
VEGETABLE

Carrot, Konjac, Pea, Taro,
Daikon, Stock, Soy Sauce,
Vinegar, Sesami Oil



HOT

ジャガビー
カレーきんぴら
CURRY POTATO
KIMPIRA

Bell Pepper, Potato, Soy
Sauce, Curry Powder

RICE/NOODLE ごはん/麺類 (MEAL KIT)



ツナときのこの和風パスタ
TUNA & MUSHROOM
PASTA SAUCE

Shimeji Mushroom, Onion, Tuna,
Stock, Butter, Soy Sauce, Seaweed

*No pasta noodles in the package

※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



コブドレッシング
COBB DRESSING

Mayo, Ketchup, Lemon, Yogurt,
Garlic, Egg

*Pour dressing on your favorite
vegetables

※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.