

VanGohan Recipe: Week of 2025-12-01

Fish Pickled In Sweet Kyoto Miso

Things you need to prepare

- Cooking oil

Instructions

1. Marinate fish (put miso lightly on both side) with miso for 30 mins
2. Cook fish on a pan with cooking oil on lower medium heat for 5-8 mins. Miso is easy to get burnt, so cook it slow on lower heat!
3. Arrange it with grated daikon and lime
4. Wipe the sauce off or cook fish on parchment paper to prevent fish from burning!

Meat And Potato Gratin

Things you need to prepare

- Cooking oil
- Salt and Pepper
- Milk

Instructions

1. Stir fry potatoes in a pan, OR Microwave potatoes in a microwavable bowl covered with wrap for a few mins until they get soft
2. Cook onion and corn with butter^② on medium heat until onion gets soft
3. Add and cook meat well, then add Flour^③ and stir. Pour 300ml Milk little by little
4. Add Seasoning^④ (and Potatoes at this point if you microwaved them) and stir. Adjust taste with salt and pepper
5. Coat the baking dish with cooking oil, spread the step^④ in the dish and put cheese and parsley (optional) on top
6. Heat it either in toaster, microwave, or oven until cheese gets melted

PACKAGE OF THE WEEK

- 今週のメニュー -

DECEMBER 2, 2025

MAIN メイン (MEAL KIT)



ポテトグラタン POTATO GRATIN

Potato, Onion, Spinach, Pork,
Seasonings (Incl. Garlic,
Butter, Flour)
No Milk in the package



白身魚の西京漬け FISH PICKLED IN SWEET KYOTO MISO

Fish, Daikon Radish, Lime
Miso

SIDE サイド (COOKED)



COLD

ごぼうサラダ BURDOCK SALAD

Burdock, Carrot, Arugula,
Mayo, Sesami, Soy sauce,
Wasabi, Vinegar



HOT
COLD

ポテトのポタージュ POTATO POTAGE

Potato, Onion, Butter,
Stock, Milk

RICE/NOODLE ごはん/麺類 (MEAL KIT)



鶏ときのこの 炊き込みご飯 CHICKEN AND MUSHROOM SEASONED RICE

Chicken, Mushroom, Carrot,
Soy Sauce, Stock
No rice in the package

※お米/パスタは別途\$1で2人
前お届けが可能です。
うどん・そば・ラーメン類は
パッケージに含まれます。
※SIDE ORDER OF
RICE/PASTA NOODLES ARE
\$1 PER 2 SERVINGS.
SOBA, UDON, AND RAMEN
NOODLES COME WITH
YOUR PACKAGE.

※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.