

# VanGohan Recipe: Week of 2025-09-08

## Beef Stew

### Things you need to prepare

- Cooking oil
- 250ml water

### Instructions

1. Coat beef with flour, then stir-fry in a pot with cooking oil
2. When beef is browned, add and cook vegetables
3. Add Seasoning③ for a few mins. Add 250ml water and stew it
4. When beef gets soft, add Seasoning④ and cook on low heat for a while until the sauce gets thick
5. Mix butter at the end

## Eggplant All'arrabbiata

### Things you need to prepare

- Pasta Noodles
- Salt

### Instructions

1. Boil pasta with salt.
2. Toss the pasta well with heated pasta sauce

## Fish & kimchi Escabeche

### Things you need to prepare

- Olive oil/Cooking oil
- Salt & pepper

### Instructions

1. Wipe water off and season fillets with salt & pepper then coat both side with flour lightly
2. Heat olive oil/cooking oil in a pan. Cook fillets on medium heat until both side is browned (cooking on parchment paper makes it easier to flip)
3. Clean the pan and heat up Seasoning③ on medium heat, then remove the pan from heat and add vegetables to make sauce
4. Add suger or honey to make it sweeter as you want.
5. Arrange the fillets on a plate and pour the vegetable sauce on fillets
6. We recommend leaving it to cool in the refrigerator, to let the flavour soak into the dish

## PACKAGE OF THE WEEK

- 今週のメニュー -

SEPT 9, 2025

### MAIN メイン (MEAL KIT)



白身魚のキムチ  
エスカベッシュ  
FISH & KIMCHI  
ESCABECHE

Fish, Cucumber, Onion,  
Celery, Carrot, Kimchi,  
Seasonings (Incl. Soy Sauce,  
Lemon, Flour)



ビーフシチュー  
BEEF STEW

Beef, Onion, Carrot, Potato,  
Mushroom,  
Seasonings (Incl. Garlic,  
Butter, Flour, Ketchup, Wine,  
Worcestershire Sauce)

### SIDE サイド (COOKED)



HOT

芽キャベツと  
アンチョビのロースト  
ROASTED BRUSSELS  
SPROUTS & ANCHOVY

Brussels Sprouts, Bell Pepper,  
Anchovy, Cheese, Garlic, Stock,  
Butter



HOT

大根の胡麻煮  
SIMMERED DAIKON  
WITH SESAME  
SAUCE

Daikon Radish, Sesame,  
Stock, Soy Sauce, Deep Fried  
Tofu

### RICE/NOODLE ごはん/麺類 (MEAL KIT)



ナスのアラビアソース  
EGGPLANT  
ALL'ARRABBIATA SAUCE

Eggplant, Bacon, Tomato,  
Stock, Garlic, Pepper

Please prepare pasta noodles

※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・ラーメン類はお  
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.