

## VanGohan Recipe: Week of 2025-08-25

### Cheese & Mushroom's Creamy Pasta Sauce

#### Things you need to prepare

- Salt
- Pasta

#### Instructions

1. Boil pasta with salt
2. Toss the pasta well with heated pasta sauce
3. Please adjust the taste with water that boiled pasta, milk and/or pepper
4. 160g to 200g pasta before boiled are for 2 people

### Sauteed Fish With Tomato Sauce

#### Things you need to prepare

- Cooking oil
- 50ml water
- Salt and pepper

#### Instructions

1. Heat a pan with cooking oil, and cook fish on medium heat
2. When both side is cooked, add Package② and 50ml water. Steam it for 5 mins with a lid on
3. Remove fish from the pan. Keep the heat on medium, add butter in the sauce and adjust the taste with salt and pepper and lemon

### Teriyaki Egg Meatballs

#### Things you need to prepare

- Cooking oil
- Salt & pepper

#### Instructions

1. Mix meat, onion, Seasoning① and salt & pepper in a bawl until they get sticky, and form into bite-sized meatballs
2. Cook the meatballs all the way through on medium heat in a pan with cooking oil, and add vegetable and cook well

3. Wipe extra oil with paper towel then add Seasoning③ and cook it down
4. Put Seasoning④ on the meatballs and cook in the oven toaster until the egg get slightly browned

**VanGohan**

1 ORDER FOR 2 PEOPLE

## PACKAGE OF THE WEEK

- 今週のメニュー -

AUG 26, 2025

### MAIN メイン (MEAL KIT)



#### 照りたま肉団子 TERIYAKI EGG MEATBALLS

Pork, Onion, Asparagus,  
Bell Pepper  
Seasonings (Soy Sauce, Garlic,  
Ginger, Mayo, Potato Starch)



#### 白身魚のソテー SAUTEED FISH WITH TOMATO SAUCE

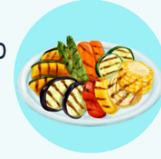
White Fish, Tomato, Onion,  
Lemon, Butter, Parsley,  
Butter, Garlic)

### SIDE サイド (COOKED)



#### 長芋ガーリック炒め GARLICKY SAUTEED NAGAIMO & VEGGIES

Nagaimo, King Mushroom,  
Broccoli, Garlic, Soy Sauce



#### 旬の野菜のロースト GARLICKY ROASTED SEASONAL VEGETABLES

Carrot, Onion, Potato,  
Garlic, Lemon, Olive Oil

### RICE/NOODLE ごはん/麺類 (MEAL KIT)



#### チーズときのこの クリームパスタソース CHEESE & MUSHROOM'S CREAMY PASTA SAUCE

Mushroom, Cheese, Onion,  
Cream, Milk, Wine

\*No pasta noodlees included

※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.