

## VanGohan Recipe: Week of 2024-12-16

### 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!

### Keema Curry

#### Things you need to prepare

- Cooked rice
- Salt and pepper
- 100ml water

#### Instructions

1. Cook meat on a pan on medium heat and break it into small pieces
2. Cook Vegetables② for a few mins then add salt & pepper
3. Add 100ml water and Seasoning③ and cook for 5-10 mins
4. Adjust taste with soy sauce or ketchup
5. Pour curry on rice

### Mixed Rice Base With Plum And Edamame

#### Things you need to prepare

- Cooked rice (1.5 - 2 cups)

#### Instructions

1. Mix the Package with cooked rice (1.5 - 2 cups)
2. Adjust the taste with soy sauce or salt

# PACKAGE OF THE WEEK

- 今週のメニュー -

DECEMBER 17, 2024

## MAIN メイン (MEAL KIT)

WHAT WE SEND  
届くもの



### キーマカレー KEEMA CURRY

Ground Pork, Onion,  
Carrot, Bell Pepper,  
Seasonings (Incl. Garlic,  
Curry Powder, Bonito  
Stock)

No Rice 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)

INGREDIENTS  
材料



### ラタトゥイユ VEGETABLE STEW WITH TOMATO SAUCE

Eggplant, Zucchini, Celery,  
Onion, Bell Pepper, Tomato,  
Garlic, Stock



### ごぼうサラダ BURDOCK SALAD

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

## RICE/NOODLE ごはん/麺類 (MEAL KIT)



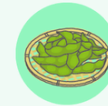
### 梅枝豆の混ぜご飯の素 MIXED RICE BASE WITH PLUM AND EDAMAME

Plum, Edamame, Sesame,  
Kobu-tea, Ginger

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  
※ YOU CAN ORDER RICE/PASTA FOR \$1 PER 2 SERVINGS

## ON THE HOUSE アラスワン



### 枝豆ピリ辛漬け SPICY EDAMAME

Edamame, Soy Sauce,  
Pepper, Garlic

※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.