

VanGohan Recipe: Week of 2025-07-28

Fried Beef With Avocado Tartar

Things you need to prepare

- Cooking oil
- Beaten egg
- Salt and pepper

Instructions

1. Salt & pepper on beef, coat it with flour and a beaten egg after
2. Heat a pan with about 1cm of oil on medium heat and cook the beef for 5-8mins
3. Remove the beef when both sides is cooked
4. Coat the beef with Seasoning④ and cut into bite-size if you want
5. Arrange them on a plate with vegetables and pour Seasoning⑤ on top and

Pork with Marmalade Sauce

Things you need to prepare

- Cooking oil
- Salt and pepper

Instructions

1. Heat Seasoning① with cooking oil on low heat on a pan until it smells well
2. Salt & pepper on Pork and grill pork and vegetables well (please wash vegetables before you cook)
3. Arrange pork on a plate. Wipe off the oil on a pan and heat Seasoning③
4. Pour the sauce on pork when it gets thick. Add black pepper as you prefer.

PACKAGE OF THE WEEK

- 今週のメニュー -

JULY 29, 2025

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



ビーフ南蛮の
アボカドタルタルかけ

FRIED BEEF WITH
AVOCADO TARTAR

Beef, Egg, Onion, Seasonings
(Incl. Soy Sauce, Mayo Milk
Lemon, Flour, Vinegar)
*Please prepare an egg



ポークの
ママレードソース
PORK WITH
MARMALADE SAUCE

Pork, Potato, Broccoli,
Seasonings (incl. Soy Sauce,
Ginger, Garlic, Lemon, Orange,
Rosemary)

SIDE サイド (COOKED)

INGREDIENTS
材料



HOT

ジャーマンポテト
GERMAN FRIED
POTATOES

Potato, Bacon, Onion,
Garlic, Soy Sauce, Butter



HOT
COLD

豆乳味噌ポタージュ
SOY MILK MISO
POTAGE

Potato, Onion, Soy Milk,
Miso

RICE/NOODLE ごはん/麺類 (MEAL KIT)



中華丼風まぜご飯
CHINESE STYLE MIXED
RICE BASE

Pork, Bamboo Shoot, Onion,
Green Bean, Seasonings
(Incl. Garlic, Oyster Sauce)
*Please prepare your own rice

※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



大根甘酢漬け
PICKLED DAIKON

Daikon, Vinegar, Sugar

※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.