

# VanGohan Recipe: Week of 2024-08-19

## Chirashi Sushi Base

### Things you need to prepare

- Cooked rice (2 cups)

### Instructions

1. Mix the Seasoning① with cooked rice (2cups)
2. Add Package② and mix \*don't mash rice
3. Arrange it on a plate with peas
4. Please adjust the taste by mixing more/less than 2 cups of rice

## Simmered Mackerel with Miso

### Things you need to prepare

- 150ml water

### Instructions

1. Boil Seasoning①, ginger, and 150ml water on medium heat, then put mackerel (skin side up) on
2. When the water is boiled again, stop the heat and dissolve Seasoning② little by little
3. Turn the heat on medium to boil again. When it's boiled, make the heat on low and drop a piece of aluminum foil to cover mackerel entirely
4. Cook it until the sauce gets thick
5. Pour hot water on mackerel to remove the fishy smell if you want

## UNSTUFFED CABBAGE ROLLS

### Things you need to prepare

- 2 table spoons milk or an egg
- 150ml water
- Salt and Pepper

### Instructions

1. Mix ground pork, onion, Seasoning①, salt and pepper, and 2 table spoons milk or an egg until it gets sticky
2. Cover the bottom of the pan with a layer of cabbage then place the meat patty on top of the cabbage
3. Create a dome over the meat with the remaining cabbage leaves

4. Spread vegetables around the cabbage dome, add Seasoning④, salt & pepper, and 150ml water, then cook for 20 mins on medium heat with a lid on. Remove the scum sometimes
5. Place the cabbage dome and vegetables in a plate or a flat bowl, and cut it before you eat!
6. You can microwave cabbage for a few mins then it'd be easier for step2 and 3



1 ORDER FOR 2 PEOPLE

## PACKAGE OF THE WEEK

- 今週のメニュー -

AUG 20, 2024

### MAIN メイン (MEAL KIT)

WHAT WE SEND  
届くもの



### サバの味噌煮 SIMMERED MACKEREL WITH MISO

Mackerel,  
Seasonings (Incl. Ginger,  
Sake, Stock, Miso)



### ロールしない ロールキャベツ UNROLLED CABBAGE ROLLS

Pork, Cabbage, Carrot, Pea,  
Seasonings (incl. Soy Sauce,  
Stock, Miso)

Please prepare an egg or  
milk

### SIDE サイド (COOKED)

INGREDIENTS  
材料



HOT

### 青梗菜のクリーム煮 BOK CHOY IN CREAM SAUCE

Bok Choy, Carrot,  
Mushroom, Milk, Stock, Corn  
Starch



COLD

### マカロニサラダ MACARONI SALAD

Edamame, Tuna, Carrot,  
Corn, Macaroni, Cheese,  
Mayo

### RICE/NOODLE ごはん/麺類 (MEAL KIT)



### ちらし寿司の素 CHIRASHI SUSHI BASE

Shiitake Mushroom, Carrot, Pea,  
Bamboo Shoots, Vinegar, Soy  
Sauce

※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 フラスコン



### 小エビのふりかけ SHRIMP FURIKAKE (RICE SEASONING)

Shrimp, Seaweed, Soy Sauce,  
Sesame, Sesame Oil

※ 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.