

VanGohan Recipe: Week of 2024-01-22

Pork Soba With Green Onion

Things you need to prepare

- Salt

Instructions

1. Boil pork with some salt, also boil soba noodles for 6 mins then drain the water
2. Put pork and heated Seasoning② and green onion on top of soba in a bowl
3. If you want cold soba, cool soba noodles by running water and pour the Seasoning② on top!

Grilled Fish With Herbs

Things you need to prepare

- Olive oil
- Salt and Pepper

Instructions (Oven cooking)

1. Salt and pepper on Fillet and leave it for 10 mins then wipe of the water by paper
2. Pre-heat the oven on 400F
3. Coat the fillet with olive oil then coat it well with panko
4. Coat asparagus and zucchini with oil as well
5. Use parchment paper or put oil on an oven plate (or use aluminum foil), and put fillet and vegetables. Pour rest of oil and panko on fillet
6. Cook them in the oven until browned. (15-20 mins)
7. Arrange them on a plate and pour tartar sauce
8. If you use a pan to stir-fry instead of using an oven (you need flour & an egg)
9. Salt and pepper on Fillet and leave it for 10 mins then wipe of the water by paper
10. Coat fillet in the order: flour, beaten egg, panko
11. Heat a pan with oil (more than usual for stir-frying) on medium heat, and cook both side of fillet and vegetables about 5 mins
12. Arrange them on a plate and pour tartar sauce

Pork Kimchi

Things you need to prepare

- Salt and pepper

Instructions

1. Heat a pan with Seasoning① on medium heat until ginger smells well
2. Stir-fry pork (make sure the pork is flat) , add vegetables when pork is cooked mostly
3. Add Seasoning③ when onion is cooked
4. Cook off the excess water
5. Adjust the taste with salt and pepper

Tips

- ★Vegetables would be cooked evenly, if you toss the pan after adding vegetables on high heat



1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

JAN 23, 2024

MAIN

メイン
(MEAL KIT)

WHAT WE SEND
届くもの



豚キムチ
PORK KIMCHI

Sliced pork, Onion, Kimchi,
Bean sprout, Chive,
Seasonings (incl. Ginger,
Soy sauce, Sesame Oil,
Sesame)



白身魚の
香草パン粉焼き
GRILLED FISH
WITH HERBS

White Fish, Onion, Asparagus,
Carrots Seasonings (incl.
Herbs, Panko, Egg, Mayo,
Sesame, Soy Sauce, Bonito
Flake, Lemon)

SIDE

サイド
(COOKED)

INGREDIENTS
材料



HOT

野菜の揚げ浸し
DEEP-FRIED
VEGETABLES IN
JAPANESE BROTH

Pumpkin, Asparagus, King
Mushroom, Broth, Soy Sauce



HOT

豆腐チャンプルー
STIR-FRY
VEGETABLES
WITH TOFU

Bell Pepper, Tofu, Spam,
Soy Sauce

RICE/NOODLE ごはん/麺類
(MEAL KIT)



豚ねぎそば
PORK SOBA WITH
GREEN ONION

Pork, Soba Noodles, Green
Onion, Seasonings
(Incl. Ginger, Vinegar, Soy
Sauce, Sesame Oil, Sesame)

※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



和風生姜ドレッシング
JAPANESE STYLE
DRESSING

Ginger, Soy Sauce, Sesame Oil,
Vinegar

*Pour it on your favorite vegetables

※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.