

VanGohan Recipe: Week of 2025-05-12

Hakkaido-Style Grilled Fish with Miso Sauce

Things you need to prepare

- Salt and pepper
- Cooking oil

Instructions

1. Salt and pepper on salmon
2. Heat a pan with cooking oil on medium heat, and cook vegetables about 5 mins
3. Put salmon on top then cook another 5 mins with a lid on
4. Add Seasoning④ and mix lightly then put the lid back on and steam for a few mins
5. Stop the heat and put butter in

Pork Cutlet With Tomato Sauce

Things you need to prepare

- A egg
- Cooking oil
- Salt & pepper

Instructions

1. Prick the pork with a fork and/or pound them thin with a hummer or a back of knife
2. Put salt & pepper and Seasoning② on it evenly
3. Coat pork with flour③ lightly, dip in a beaten egg, then coat well with panko③
4. Heat about 1cm of cooking oil on medium heat and cook the meat both side well
5. Cut them and arrange on a plate with preheated Seasoning⑤ (salt and pepper if you prefer) and vegetables

Seasoned Rice with Fish Cake

Things you need to prepare

- Rice

Instructions

1. Add 2 rice cups of washed rice (3 cups for 3 people) and Soup in a rice cooker, and mix it lightly
2. Add vegetables and fish cakes on top, then cook rice. Mix the cooked rice lightly before you put it in a bowl.
3. Please adjust the taste with salt/ soy sauce.

VanGohan

1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

MAY 13, 2025

<p>MAIN メイン (MEAL KIT)</p> <p>WHAT WE SEND 届くもの</p>		<p>ポークカツレツ トマトソース添え PORK CUTLET WITH TOMATO SAUCE</p> <p>Pork, Cheese, Panko, Seasonings (Incl. Tomato, Garlic, Onion, Wine, Ketchup, Oregano)</p>		<p>ちゃんちゃん焼き GRILLED FISH WITH MISO SAUCE</p> <p>Salmon, Cabbage, Bell Pepper, Seasonings (Incl. Garlic, Butter, Miso)</p>
<p>SIDE サイド (COOKED)</p> <p>INGREDIENTS 材料</p>	<p>HOT</p> 	<p>カリフラワーの煮物 SIMMERED CAULIFLOWERS</p> <p>Cauliflowers, Stock, Soy Sauce, Bonito Flakes</p>	<p>COLD</p> 	<p>ほうれん草の白和え SPINACH WITH MASHED TOFU</p> <p>Spinach, Tofu, Carrot, Sesame, Soy Sauce, Stock</p>
<p>RICE/NOODLE ごはん/麺類 (MEAL KIT)</p>  <p>ちくわの五目ご飯 SEASONED RICE WITH FISH CAKE</p> <p>Fish Cake, Shiitake, Carrot, Burdock, Konjac, Sauce (Incl. Soy Sauce, Bonito)</p> <p>*No rice in the package</p> <p>※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</p>		<p>ON THE HOUSE プラスワン</p>  <p>オニオンドレッシング ONION DRESSING</p> <p>Onion, Soy Sauce, Lemon, Olive Oil</p> <p>*Pour dressing on your favorite vegetables</p>		

※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.