

VanGohan Recipe: Week of 2025-11-03

Fried Fish With Soy Saucy Lemon Sauce

Things you need to prepare

- Cooking oil
- Salt & pepper

Instructions

1. Marinate fish with Seasoning① and salt & pepper for a few mins
2. Coat fish with potato starch②
3. Heat 1cm cooking oil on 170C°/ 338F and fry both side for a few mins each (dip the handle of a wooden spoon or a chopstick into the oil, and the oil starts steadily bubbling, then the oil is hot enough)
4. Arrange them on a plate with vegetables and put green onion on top. Dip the fish into Seasoning④ or pour it!
5. It's also good with grated daikon radish on the side!

Mushroom Mixed Rice Base

Things you need to prepare

- Cooked rice (2 rice cups)

Instructions

1. Mix the Package with cooked rice (2 ric cups)
2. Adjust the taste with soy sauce or salt
3. Please adjust the taste by mixing more/less than 2 cups of rice

Pork Steak

Things you need to prepare

- Cooking oil
- Salt & pepper

Instructions

1. Stab both side of pork with a fork
2. Salt & pepper and coat pork with Seasoning②
3. Cook with cooking oil on medium heat until both side is brown
4. Turn the heat on low and make sure the pork is cooked well. Then cook potatoes on the side with pork or microwave them.
5. Add Seasoning⑤ and cook with potatoes until the seasoning is thick
6. Arrange with cabbage on your plate

PACKAGE OF THE WEEK

- 今週のメニュー -

NOVEMBER 4, 2025

MAIN メイン (MEAL KIT)



トソテキ PORK STEAK

Pork, Cabbage, Tomato,
Seasonings (Incl. Soy Sauce,
Worcestershire sauce,
Ketchup, Garlic, flour)



白身魚のからあげ 和風レモンソース FRIED FISH WITH SOY SAUCY LEMON SAUCE

White Fish, Mixed Leaf, Green
Onion, Seasonings (Incl. Soy
Sauce, Lemon, Potato Starch)

SIDE サイド (COOKED)



ビーツの煮物 JAPANESE-STYLE BRAISED BEETS

Beet, Carrot, Pea, Soy
Sauce, Stock, Vinegar



白菜の洋風蒸し煮 STEAM-BRAISED CHOY

Choy, Corn, Stock, Wine,
Butter, Corn Starch,
Ginger, Soy Milk

RICE/NOODLE ごはん/麺類 (MEAL KIT)



きのこのまぜご飯の素 MUSHROOM MIXED RICE BASE

Shiitake, Enoki, Shimeji,
Carrots, Seasonings (Incl. Stock,
Soy Sauce)

No rice included

※お米/パスタは別途\$1で2人
前お届けが可能です。
うどん・そば・ラーメン類は
パッケージに含まれます。
※SIDE ORDER OF
RICE/PASTA NOODLES ARE
\$1 PER 2 SERVINGS.
SOBA, UDON, AND RAMEN
NOODLES COME WITH
YOUR PACKAGE.

※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.