

VanGohan Recipe: Week of 2025-06-02

Deep fried soysaucy salmon

Things you need to prepare

- Cooking oil

Instructions

1. Marinate Salmon with Seasoning① for 15 mins then remove water from mackerel by paper towel, and coat with potato starch
2. Pre-heat about 2cm of cooking oil in a pan or a pot at 180°C/350F (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)
3. Fry mackerel until browned
4. Arrange with vegetables, grated radish, and lime on a plate

Pork Saute With Asparagus & Lemon

Things you need to prepare

- Olive oil
- 1 tablespoon water
- Salt

Instructions

1. Heat a pan with olive oil on medium heat. Stir-fry vegetables lightly and put some salt
2. Add 1 tablespoon water, then cook for 1 min with a lid on
3. Remove vegetables from the pan. Stir-fry pork with salt & pepper
4. When pork is cooked, add cooked vegetables, Seasoning④ and cook for a few mins
5. Arrange on a plate and put lemon on top

Ume Becon Pasta (Sour Plum)

Things you need to prepare

- Salt
- Pasta

Instructions

1. Boil pasta with salt
2. Cook garlic and bacon on a pan on medium heat
3. Add boiled pasta when bacon is cooked
4. Add Seasoning④ and cook lightly, then stop the heat, mix arugula

5. Add some pasta boiled water to adjust taste

VanGohan

1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

JUNE 3, 2025

MAIN

メイン
(MEAL KIT)

WHAT WE SEND
届くもの



アスパラレモンの
ポークソテー
PORK SAUTE
WITH ASPARAGUS
& LEMON
Pork, Asparagus, Bell
Pepper, Lemon
Seasonings
(Vinegar, Stock, Olive Oil)



サーモン竜田揚げ
DEEP-FRIED
SOYSAUCY
SALMON

Salmon, Mized Leaves,
Lemon, Seasonings (Incl.
Garlic, Soy Sauce, Potato
Starch)

SIDE

サイド
(COOKED)

INGREDIENTS
材料



HOT

炒り豆腐
SCRAMBLED TOFU

Tofu, Carrot, Bean,
Burdock, Fungus Mushroom,
Egg, Stock, Soy Sauce



COLD

ズッキーニとトマトの
マリネ
MARINATED ZUCCHINI
AND TOMATO

Tomato, Zucchini, Lemon,
Olive Oil, Soy Sauce,
Vinegar

RICE/NOODLE ごはん/麺類
(MEAL KIT)



梅肉ベーコンパスタ
UME BECON PASTA

Arugula, Spinach, Bacon,
Ume, Garlic, Stock
Please prepare your own
pasta

※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



にんじんドレッシング
CARROT DRESSING

Carrot, Honey, Vinegar

※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.