

VanGohan Recipe: Week of 2024-05-13

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 steam 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 more 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. Saute the side vegetables with salt & pepper in a pan
5. Clean the pan and heat about 1cm of cooking oil on medium heat and cook the meat both side well
6. Cut them and arrange on a plate with preheated Seasoning⑥ (salt and pepper if you prefer) and sautéed vegetables

Spinach Pesto Genovese Sauce

Things you need to prepare

- Pasta Noodles
- Salt & pepper

- Parmesan cheese (optional)

Instructions

1. Boil pasta (about 160g before boiled for 2 people, 240g for 3 people) with salt.
2. Toss the pasta well with pasta sauce (keep a bit of boiled water and mix with sauce if you think It's too thick.)
3. Please adjust the taste with salt, pepper and parmesan cheese