

## VanGohan Recipe: Week of 2024-05-13

Please see the printable/pdf instructions if you prefer to print out our recipes!

### 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 hammer 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



1 ORDER FOR 2 PEOPLE

## PACKAGE OF THE WEEK

- 今週のメニュー -

MAY 14, 2024

### MAIN メイン (MEAL KIT)

WHAT WE SEND  
届くもの



ポークカツレツ  
トマトソース添え  
PORK CUTLET  
WITH  
TOMATO SAUCE  
Pork, Cheese, Panko,  
Seasonings (Incl. Tomato,  
Garlic, Onion, Wine,  
Ketchup, Oregano)



ちゃんちゃん焼き  
GRILLED FISH  
WITH MISO SAUCE  
Salmon, Cabbage, Bell Pepper,  
Seasonings (Incl. Garlic,  
Butter, Miso)

### SIDE サイド (COOKED)

INGREDIENTS  
材料



HOT

カリフラワーの煮物  
SIMMERED  
CAULIFLOWERS

Cauliflowers, Stock, Soy  
Sauce, Bonito Flakes



COLD

チンゲン菜のおひたし  
SIMMERED BOK-CHOY

Bok-choy, Deep fried  
tofu, Bonito stock, Soy  
sauce

### RICE/NOODLE ごはん/麺類 (MEAL KIT)



ほうれん草ジュノペーゼ  
パスタソース  
SPANICH  
PASTA SAUCE

Spinach, Garlic, Nuts, Cheese  
\*Package doesn't contain  
pasta noodles

※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



オニオンドレッシング  
ONION DRESSING

Onion, Soy Sauce, Lemon,  
Olive Oil

\*Pour dressing 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.