

VanGohan Recipe: Week of 2025-01-27

Grilled Fish With Herbs

Things you need to prepare

- Olive oil
- Salt and Pepper

Instructions (Oven cooking)

1. Salt and pepper on Fillet and leave it for 10 mins then wipe of the water by paper
2. Pre-heat the oven on 400F
3. Coat the fillet with olive oil then coat it well with panko
4. Coat asparagus and zucchini with oil as well
5. Use parchment paper or put oil on an oven plate (or use aluminum foil), and put fillet and vegetables. Pour rest of oil and panko on fillet
6. Cook them in the oven until browned. (15-20 mins)
7. Arrange them on a plate and pour tartar sauce
8. If you use a pan to stir-fry instead of using an oven (you need flour & an egg)
9. Salt and pepper on Fillet and leave it for 10 mins then wipe of the water by paper
10. Coat fillet in the order: flour, beaten egg, panko
11. Heat a pan with oil (more than usual for stir-frying) on medium heat, and cook both side of fillet and vegetables about 5 mins
12. Arrange them on a plate and pour tartar sauce

Pork Soba With Green Onion

Things you need to prepare

- Salt

Instructions

1. Boil pork with some salt, also boil soba noodles for 6 mins then drain the water
2. Put pork and heated Seasoning② and green onion on top of soba in a bowl
3. If you want cold soba, cool soba noodles by running water and pour the Seasoning② on top!

Pork With Marmalade Miso Sauce

Things you need to prepare


- Cooking oil
- Salt & pepper

Instructions

1. Heat a pan with cooking oil on medium heat and stir-fry pork with salt and pepper
2. (separate the sliced pork when you cook!)
3. When pork is cooked, add vegetables and stir-fry on high heat for a few mins until it's mostly cooked
4. Add Seasoning③ and toss it well

Tips





- ★Cook vegetables quickly on high heat to make them crispy




1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー - JAN 28, 2025

<p>MAIN メイン (MEAL KIT)</p> <p>WHAT WE SEND 届くもの</p>	 <p>豚肉の ママレードみそ炒め PORK WITH MARMALADE MISO SAUCE</p> <p>Pork, Choy, Carrot, Onion, Seasonings (Incl. Garlic, Miso, Marmalade Jam, Soy Sauce)</p>	 <p>白身魚の 香草パン粉焼き GRILLED FISH WITH HERBS</p> <p>White Fish, Onion, Asparagus, Carrots Seasonings (incl. Herbs, Panko, Egg, Mayo, Sesame, Soy Sauce, Bonito Flake, Lemon)</p>
<p>SIDE サイド (COOKED)</p> <p>INGREDIENTS 材料</p>	 <p>HOT</p> <p>野菜の揚げ浸し DEEP-FRIED VEGETABLES IN JAPANESE BROTH</p> <p>Pumpkin, Asparagus, King Mushroom, Broth, Soy Sauce</p>	 <p>HOT</p> <p>ジャガビー カレーきんぴら CURRY POTATO KIMPIRA</p> <p>Bell Pepper, Potato, Soy Sauce, Curry Powder</p>

RICE/NOODLE ごはん/麺類
(MEAL KIT)




**豚ねぎそば
PORK SOBA WITH
GREEN ONION**

Pork, Soba Noodles, Green
Onion, Seasonings
(Incl. Ginger, Vinegar, Soy
Sauce, Sesame Oil, Sesame)

※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
フラスワン



**大根甘酢漬
PICKLED DAIKON**

Daikon, 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.