

# 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 rice 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)



トンテキ  
PORK STEAK

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

白身魚のかりあげ  
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・ラーメン麺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.