

# VanGohan Recipe: Week of 2025-02-24

## Sauteed Fish With Tomato Sauce

### Things you need to prepare

- Cooking oil
- 50ml water
- Salt and pepper

### Instructions

1. Heat a pan with cooking oil, salt and pepper fish and cook on low to medium heat
2. When both side is lightly browned, add Package② and 50ml water. Steam it for 5 mins with a lid on
3. Remove fish from the pan. Keep the heat on medium, add butter and garlic in the sauce and adjust the taste with salt and pepper and lemon

## PACKAGE OF THE WEEK

- 今週のメニュー -

FEB 25, 2025

### MAIN メイン (MEAL KIT)

WHAT WE SEND  
届くもの



### 白身魚のソテー SAUTEED FISH WITH TOMATO SAUCE

White Fish, Tomato, Onion,  
Lemon, Butter, Parsley,  
Butter, Garlic)



### 牛肉と卵の中華風炒め CHINESE STYLE STIR-FRIED BEEF AND EGG

Beef, Yu-Choy, Carrot,  
Seasonings (incl. Soy Sauce,  
Oyster Sauce, Ginger, Potato  
Starch)

### SIDE サイド (COOKED)

INGREDIENTS  
材料



### 里芋とベーコンの 煮っころがし SIMMERED TARO IN SOY SAUCE

Taro, Bacon, Green Bean,  
Soy Sauce



### きんぴらごぼう BRAISED (KINPIRA) BURDOCK

Burdock, Carrot, Sesame,  
Soy Sauce, Stock, Sesame  
Oil

### RICE/NOODLE ごはん/麺類 (MEAL KIT)



### 牛蒡と豚肉の混ぜご飯 BURDOCK & PORK MIXED RICE

Pork, Burdock, Soy Sauce  
\*No rice in the package

※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 アラスワン



### やみつき漬け枝豆 ADDICTIVE MARINATED EDAMAME

Edamame, Soy Sauce, Sesame  
Oil, Sesame, Garlic

※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.