

VanGohan Recipe: Week of 2024-10-14

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!

Sweet & Sour Pork

Things you need to prepare

- Cooking oil
- 1 table spoon water

Instructions

1. Marinate pork with Seasoning① for 10 mins, then coat it with potato starch①
2. Microwave carrots for a few mins if you like soft carrots!
3. Stir-fry pork with cooking oil on medium heat. Add carrots and other vegetables
4. When vegetables are cooked, keep them on side of the pan and heat Seasoning④ on the other side of the pan.
5. Add 1 table spoon water in Seasoning⑤ and mix well.

Tomato Ramen

Things you need to prepare

- 300ml water

Instructions

1. Boil ramen noodles for 6 mins and drain the water

2. Boil Soup② and 300ml water in a pot
3. Put noodles and soup in a bowl, and vegetables on top
4. Custom your ramen with basil, cilantro, black pepper, olive oil, and/or cheese as you like!



1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

OCTOBER 15, 2024

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



白身魚のからあげ
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)



酢豚
SWEET & SOUR
PORK

Pork, Onion, Bell Pepper,
Carrot, Seasonings (Incl.
Garlic, Ginger, Ketchup, Soy
Sauce, Vinegar, Stock)

SIDE サイド (COOKED)

INGREDIENTS
材料



HOT

カリフラワーの煮物
SIMMERED
CAULIFLOWERS

Cauliflower, Stock, Soy
Sauce, Bonito Flakes



COLD

ほうれん草胡麻和え
SPINACH GOMAAE

Carrot, Shimeji, Spinach,
Sesame, Soy Sauce

RICE/NOODLE ごはん/麺類 (MEAL KIT)



トマトラーメン
TOMATO RAMEN

Arugula, Tomato, Bean
Sprout, Stock, Lime, 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 フラスコン



キャベツときゅうりの
甘酢漬
SWEET CABBAGE AND
CUCUMBER PICKLES

Cucumber, Cabbage,
Seaweed, 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.