

VanGohan Recipe: Week of 2024-06-03

Fish Pickled In Sweet Kyoto Miso

Things you need to prepare

- Cooking oil

Instructions

1. Please wipe off water from fish
2. Cook fish on a pan using parchment paper with cooking oil on lower medium heat for 5-8 mins. Miso is easy to get burnt, so cook it slow on lower heat!
3. Arrange it with grated daikon and lime
4. Please wipe the sauce off before you cook if you don't like the sauce gets burnt!
5. You can use aluminium foil instead of parchment paper!

Mixed Rice Base With Plum And Edamame

Things you need to prepare

- Cooked rice (1.5-2 cups)

Instructions

1. Mix the Package with cooked rice
2. Adjust the taste with soy sauce or salt

Pork Saute With Asparagus & Lemon

Things you need to prepare

- Olive oil
- 1 tablespoon water
- Salt

Instructions

1. Heat a pan with olive oil on medium heat. Stir-fry vegetables lightly and put some salt
2. Add 1 tablespoon water, then cook for 1 min with a lid on
3. Remove vegetables from the pan. Stir-fry pork with salt & pepper
4. When pork is cooked, add cooked vegetables, Seasoning④ and cook for a few mins
5. Arrange on a plate and put lemon on top

PACKAGE OF THE WEEK

- 今週のメニュー -

JUNE 4, 2024

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



アスパラレモンの
ポークソテー
PORK SAUTE
WITH ASPARAGUS
& LEMON
Pork, Asparagus, Bell
Pepper, Lemon
Seasonings
(Vinegar, Stock, Olive Oil)



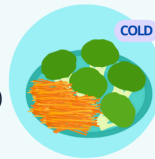
白身魚の西京漬け
FISH PICKLED
IN SWEET
KYOTO MISO
Fish, Daikon Radish, Lime,
Miso

SIDE サイド (COOKED)

INGREDIENTS
材料



ジャガビー
カレーきんぴら
CURRY POTATO
KIMPIRA (SIMMERED)
Bell Pepper, Potato, Soy
Sauce, Curry Powder



にんじんとブロッコリー
の胡麻和え
CARROT AND
BROCCOLI GOMAE
Broccoli, Carrot, Sesame,
Soy Sauce, Stock

RICE/NOODLE ごはん/麺類 (MEAL KIT)



梅枝豆の混ぜご飯の素
MIXED RICE BASE WITH
PLUM AND EDAMAME

Plum, Edamame, Sesame,
Kobu-tea, Ginger
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 プラスワン



にんじんドレッシング
CARROT DRESSING
Carrot, Honey, 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.