

VanGohan Recipe: Week of 2024-05-13

Hakkaido-Style Grilled Fish with Miso Sauce

Things you need to prepare

- Salt and pepper
- Cooking oil

Instructions

1. Salt and pepper on salmon
2. Heat a pan with cooking oil on medium heat, and cook vegetables about 5 mins
3. Put salmon on top then steam cook another 5 mins with a lid on
4. Add Seasoning④ and mix lightly then put the lid back on and steam for a few more mins
5. Stop the heat and put butter in

Pork Cutlet With Tomato Sauce

Things you need to prepare

- A egg
- Cooking oil
- Salt & pepper

Instructions

1. Prick the pork with a fork and/or pound them thin with a hummer or a back of knife
2. Put salt & pepper and Seasoning② on it evenly
3. Coat pork with flour③ lightly, dip in a beaten egg, then coat well with panko③
4. Saute the side vegetables with salt & pepper in a pan
5. Clean the pan and heat about 1cm of cooking oil on medium heat and cook the meat both side well
6. Cut them and arrange on a plate with preheated Seasoning⑥ (salt and pepper if you prefer) and sautéed vegetables

Spinach Pesto Genovese Sauce

Things you need to prepare

- Pasta Noodles
- Salt & pepper

- Parmesan cheese (optional)

Instructions

1. Boil pasta (about 160g before boiled for 2 people, 240g for 3 people) with salt.
2. Toss the pasta well with pasta sauce (keep a bit of boiled water and mix with sauce if you think It's too thick.)
3. Please adjust the taste with salt, pepper and parmesan cheese




1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

MAY 14, 2024

<p>MAIN メイン (MEAL KIT)</p> <p>WHAT WE SEND 届くもの</p> 	<p>ポークカツレツ トマトソース添え PORK CUTLET WITH TOMATO SAUCE</p> <p>Pork, Cheese, Panko, Seasonings (Incl. Tomato, Garlic, Onion, Wine, Ketchup, Oregano)</p>	<p>ちゃんちゃん焼き GRILLED FISH WITH MISO SAUCE</p> <p>Salmon, Cabbage, Bell Pepper, Seasonings (Incl. Garlic, Butter, Miso)</p> 
<p>SIDE サイド (COOKED)</p> <p>INGREDIENTS 材料</p> 	<p>HOT カリフラワーの煮物 SIMMERED CAULIFLOWERS</p> <p>Cauliflowers, Stock, Soy Sauce, Bonito Flakes</p>	<p>COLD チンゲン菜のおひたし SIMMERED BOK-CHOY</p> <p>Bok-choy, Deep fried tofu, Bonito stock, Soy sauce</p> 
<p>RICE/NOODLE ごはん/麺類 (MEAL KIT)</p> <p>ほうれん草ジュノーペーゼ パスタソース SPANICH PASTA SAUCE</p> <p>Spinach, Garlic, Nuts, Cheese *Package doesn't contain pasta noodles</p>  <p>※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</p>		<p>ON THE HOUSE プラスワン</p>  <p>オニオンドレッシング ONION DRESSING</p> <p>Onion, Soy Sauce, Lemon, Olive Oil *Pour dressing on your favorite vegetables</p>

※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.