

VanGohan Recipe: Week of 2024-03-11

Fried Chicken With Tartar Sauce

Things you need to prepare

- Cooking oil
- An egg
- Salt & pepper

Instructions

1. Poke holes on chicken with a fork
2. Salt & pepper on the chicken, coat it with flour② and a beaten egg
3. Heat a pan with 1cm of oil on medium heat and cook chicken for 8-10 mins
4. Remove the chicken when both side is cooked
5. Clean the pan and heat up Seasoning⑤, then coat the chicken with the sauce
6. Cut the chicken and arrange on a plate with vegetables
7. Pour Seasoning⑤ from the pan and Seasoning⑦ on top
8. Please make sure the chicken is cooked well.

Eggplant All'arrabbiata

Things you need to prepare

- Pasta Noodles
- Salt

Instructions

1. Boil pasta with salt.
2. Toss the pasta well with heated pasta sauce

Pork With Marmalade Miso Sauce

Things you need to prepare

- Cooking oil
- Salt & pepper

Instructions

1. Heat a pan with cooking oil on medium heat and stir-fry pork with salt and pepper
2. (separate the sliced pork when you cook!)
3. When pork is cooked, add vegetables and stir-fry on high heat for a few mins until it's mostly cooked

4. Add Seasoning③, and toss it well

Tips

- ★Cook vegetables quickly on high heat to make them crispy



1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

MAR 12, 2024

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



チキン南蛮 FRIED CHICKEN WITH TARTAR SAUCE

Chicken, Cabbage, Tomato,
Egg, Onion, Seasonings (Incl.
Soy Sauce, Mayo, Lemon, Flour,
Vingar, Bonito Flakes)
**Please prepare an egg*



豚肉の ママレードみそ炒め PORK WITH MARMALADE MISO SAUCE

Pork, Choy, Carrot, Onion,
Seasonings (Incl. Garlic,
Miso, Marmalade Jam, Soy
Sauce)

SIDE サイド (COOKED)

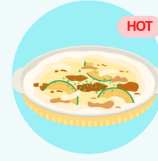
INGREDIENTS
材料



COLD

春雨サラダ VERMICELLI SALAD

Vermicelli, Carrot, Spinach,
Bean Sprout, Stock, Soy
Sauce, Vinegar, Sesame Oil



HOT

ズッキーニとかぼち ゃのグラタン ZUCCHINI AND PUMPKIN GRATIN

Zucchini, Pumpkin,
Cheese, Wine, Olive Oil

RICE/NOODLE ごはん/麺類 (MEAL KIT)



ナスのアラビアータソース EGG PLANT ALL'ARRABBIATA SAUCE

Eggplant, Bacon, Tomato,
Stock, Garlic, Pepper

※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



イタリアンドレッシング ITALIAN SALAD DRESSING

Lemon, Olive Oil,
Soy Sauce, Garlic, Herbs
**Pour it on your favorite
vegetables*

※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.