

VanGohan Recipe: Week of 2024-04-15

Cream Stew

Things you need to prepare

- Cooking oil
- 1 teaspoon salt
- 500ml Milk (Soy)
- Salt and pepper

Instructions

1. Cook Seasoning① in a pot until it smells well
2. Stir-fry chicken and 1 teaspoon salt for a few mins, then leave it for 10 mins with a lid on. (mix it sometimes)
3. Add vegetables and leave it for 15 mins with a lid on. (mix it sometimes)
4. Stop the heat, add flour and butter④, and mix well until moistened
5. Add and stir 500ml (soy) milk little by little on low heat
6. Adjust the taste with salt and pepper. Miso'd be good, too.

Takuan Mixed Rice Base

Things you need to prepare

- Cooked rice

Instructions

1. Mix the Package with cooked rice (about 2cups)
2. Please adjust the taste by mixing more/less than 2 cups of rice and add a little of salt if you want!

Fish & kimchi Escabeche

Things you need to prepare

- Olive oil/Cooking oil
- Salt & pepper

Instructions

1. Wipe water off and season fillets with salt & pepper then coat both side with flour lightly
2. Heat olive oil/cooking oil in a pan. Cook fillets on medium heat until both side is browned (cooking on parchment paper makes it easier to flip)

3. Clean the pan and heat up Seasoning③ on medium heat, then remove the pan from heat and add vegetables to make sauce
4. Arrange the fillets on a plate and pour the vegetable sauce on fillets
5. We recommend leaving it to cool in the refrigerator, to let the flavour soak into the dish



1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

APRIL 16, 2024

MAIN

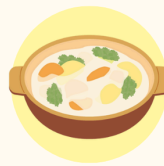
メイン
(MEAL KIT)

WHAT WE SEND
届くもの



白身魚のキムチ
イスカベッシュ
FISH & KIMCHI
ESCABECHE

Fish, Cucumber, Onion,
Celery, Carrot, Kimchi,
Seasonings (Incl. Soy Sauce,
Lemon, Flour)



クリームシチュー
CREAM STEW

Chicken, Broccoli, Onion,
Carrot, Potato, Seasonings
(Incl. Garlic, Butter, Flour)
**The package doesn't contain
milk*

SIDE

サイド
(COOKED)

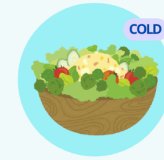
INGREDIENTS
材料



HOT

白菜とお揚げの煮物
BRAISED
CHOY AND TOFU

Choy, Deep-fried Tofu, Soy
Sauce, Stock



COLD

なめらかポテサラ
POTATO SALAD

Potato, Onion, Cucumber,
Anchovy, Mayo, Mustard,
Maple Syrup, Cream, Cheese

RICE/NOODLE ごはん/麺類
(MEAL KIT)



たくあんと高菜の
混ぜご飯の素
TAKUAN & TAKANA
MIXED RICE BASE

Pickled Daikon, Sesame,
Sesame Oil, Pickled Mustard

※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



かぶの漬物
PICKLED TURNIP

Turnip, Vinegar, Seaweed,
Red Pepper

※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.