

VanGohan Recipe: Week of 2024-02-26

Spaghetti Napolitana

Things you need to prepare

- Pasta Noodles
- Salt

Instructions

1. Boil pasta with salt.
2. Toss the pasta well with heated pasta sauce
3. Please adjust the taste with ketchup

Sauteed Fish With Tomato Sauce

Things you need to prepare

- Cooking oil
- 50ml water
- Salt and pepper

Instructions

1. Heat a pan with cooking oil, and cook fish on medium heat
2. When both side is cooked, add Package② and 50ml water. Steam it for 5 mins with a lid on
3. Remove fish from the pan. Keep the heat on medium, add butter in the sauce and adjust the taste with salt and pepper and lemon

Meat & Potato Stew

Things you need to prepare

- Cooking oil
- 200ml water

Instructions

1. Stir-fry beef with cooking oil on high heat and add vegetables when beef is cooked
2. Pour 200ml water, add Seasoning② and cook until it's boiled (skim off the scum time to time)
3. Drop a piece of aluminum foil to cover it entirely and stew on medium heat for 10 mins
4. Keep stewing it on low to medium heat for 10 mins (stir lightly sometimes)
5. When potato is cooked, it's ready!

PACKAGE OF THE WEEK

- 今週のメニュー -

FEB 27, 2024

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



白身魚のソテー SAUTEED FISH WITH TOMATO SAUCE

White Fish, Tomato, Onion,
Lemon, Butter, Parsley,
Butter, Garlic)



肉じゃが MEAT & POTATO STEW

Potato, Onion, Carrot,
Pork, Seasonings (incl. Soy
sauce, Stock)

SIDE サイド (COOKED)

INGREDIENTS
材料



ポテト&カボチャの ハニーサラダ POTATO & PUMPKIN HONEY SALAD

Potato, Pumpkin, Honey,
Mayo, Mustard, Almond



きんぴらごぼう BRAISED (KINPIRA) BURDOCK

Burdock, Carrot, Sesame,
Soy Sauce, Stock, Sesame
Oil

RICE/NOODLE ごはん/麺類 (MEAL KIT)



ナポリタンソース SPAGHETTI NAPOLITANA

Bacon, Onion, Bell pepper,
Garlic, Ketchup
*No pasta noodles 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



きゅうりの和風レモン漬 PICKLED CUCUMBER WITH LEMON

Cucumber, Stock, Olive Oil,
Lemon

※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.