

# VanGohan Recipe: Week of 2024-03-25

## Creamy Salmon Pasta Sauce

### Things you need to prepare

- Pasta Noodles
- Salt

### Instructions

1. Boil pasta with salt.
2. Toss the pasta well with heated pasta sauce
3. Add milk and/or salt and pepper if you want!

## Hamburg Steak

### Things you need to prepare

- Cooking oil
- 75ml milk or an egg

### Instructions

1. Mix
2.   ◦ microwaved and cooled onion
3.   ◦ ground pork
4.   ◦ Seasoning<sup>①</sup>
5.   ◦ EITHER 75ml milk OR 1 egg
6. until it gets white ish and sticky
7. Form and make 2 thick round shaped patties and remove the air by tossing it back and forth one hand to the other for several times.  
Make sure the surface is smooth
8. Cook patties on a pan with cooking oil on slightly stronger low heat for a few mins. Flip them when one side is browned
9. Cook a lid on for 8-10 mins on low heat
10. Boil Vegetables with salt for a few mins or cook with meat
11. Insert a skewer to see if patties are cooked, then put hamburger & vegetables on a plate.
12. Add Seasoning<sup>⑦</sup> into the pan with cooked oil, and cook them until it gets sticky then sauce is done

## Tempura Fried Chicken

### Things you need to prepare

- Cooking oil
- 1 Beaten egg

- 70ml water

## Instructions

1. Mix a beaten egg, 70ml water, and Potato starch④ in a bowl
2. Coat chicken entirely with 1
3. Pre-heat about 3cm of cooking oil in a pan or a pot at 340F (dip the handle of a wooden spoon or a chopstick into the oil, and the oil starts steadily bubbling, then the oil is hot enough)
4. Fry chicken about 7 mins on medium heat. Drain excess oil when cooked
5. Arrange on a plate with vegetables
6. Please make sure chicken is well cooked



1 ORDER FOR 2 PEOPLE

## PACKAGE OF THE WEEK

- 今週のメニュー -

MAR 19, 2024

### MAIN

メイン  
(MEAL KIT)

WHAT WE SEND  
届くもの



イカのガーリックソテー  
SAUTEED  
GARLICKY SQUID

Squid, Broccoli, Carrot,  
Bamboo Shoot, Seasonings  
(Incl. Soy Sauce, Garlic,  
Butter, Stock)



ビーフシチュー  
BEEF STEW

Beef, Onion, Carrot,  
Potato, Mushroom,  
Seasonings (Incl. Garlic,  
Butter, Flour, Ketchup,  
Wine, Worcestershire  
Sauce)

### SIDE

サイド  
(COOKED)

INGREDIENTS  
材料



茄子の煮びたし  
SIMMERED  
EGGPLANT

Eggplant, Ginger,  
Sesame Oil, Soy Sauce,  
Carrot, Shimeji Mushroom,  
Stock, Soy Sauce, Sesame Oil



青梗菜のクリーム煮  
BOK CHOY  
IN CREAM SAUCE

Bok Choy, Carrot,  
Mushroom, Milk, Stock, Corn  
Starch

RICE/NOODLE ごはん/麺類  
(MEAL KIT)



醤油ラーメン  
SHOYU RAMEN

Noodle, Green Onion, Corn,  
Bean Sprout, Egg  
Seasonings (Incl. Soy Sauce, Stock,  
Ginger)

※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



きゅうりの漬物  
PICKLED CUCUMBER

Cucumber, Soy Sauce,  
Vinegar, Sesame Oil, Ginger

※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.