

VanGohan Recipe: Week of 2026-01-05

Cauliflower Cream Pasta Sauce

Things you need to prepare

- Salt
- Pasta

Instructions

1. Boil pasta with salt
2. Toss the pasta well with heated pasta sauce
3. Please adjust the taste with water that boiled pasta, milk and/or pepper
4. 160g to 200g pasta before boiled are for 2 people

Deep Fried Salmon Simmered with Grated Daikon

Things you need to prepare

- Cooking oil
- Salt & pepper
- Water 60ml

Instructions

1. Season the fish with salt and pepper (please cut the filet into bite size if you want)
2. Wipe extra water off from the fish with paper towel, coat fish with potato starch②
3. Heat 1cm cooking oil on 170C°/ 338F and fry both side for a few mins each (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. Pour Sauce④ and 60ml of water in a pan/pot and bring to a boil, add grated Daikon and lightly cook it
5. Arrange the fish on a plate with sauce, Lime wedge and Mix green then sprinkle Parsley (optional)on top

Mapo Daikon & Spinach

Things you need to prepare

- Cooking oil
- 150ml water
- 10ml water

Instructions

1. Stir-fry celery and daikon until it's cooked with cooking oil, then add pork and cook on medium heat for a few mins
2. Add Seasoning② when the pork is cooked, and pour 150ml water and boil it for a few mins

3. Add Seasoning③ then add baby spinach

4. Mix potato starch and water (10ml) in a cup, stop the heat, pour it in the pan and lightly stir

VanGohan

1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

JAN 6, 2026

MAIN
メイン
(READY-TO-
COOK)



サーモンの揚げおろし煮
DEEP FRIED SALMON
SIMMERED WITH
GRATED DAIKON

Salmon, Daikon Radish,
Lime, Spinach,
Seasonings (Incl. Soy Sauce)



大根ほうれん草の麻婆煮
MAPO DAIKON
& SPINACH

Daikon, Spinach, Pork,
Celery, Seasonings (Incl.
Garlic, Ginger, Stock, Soy
Sauce, Oyster Sauce, Miso,
Doubanjiang, Sesame Oil)

SIDE
サイド
(READY-TO-
EAT)



茄子の煮びたし
SIMMERED
EGGPLANT

Eggplant, Ginger,
Sesame Oil, Soy Sauce,
Stock



3色ナムル
3-COLOUR NAMUL

Daikon Radish, Carrot,
Spinach, Sesame,
Sesame Oil, Garlic

RICE/NOODLE
ごはん/麺類
(READY-TO-
COOK)



カリフラワー
クリームパスタソース
CAULIFLOWER
CREAM PASTA SAUCE

Cauliflower, Mushroom, Onion,
SpicyTuna, Shrimp, Cream, Stock, White
Wine, Butter, Garlic
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。
うどん・そば・ラーメン類は
パッケージに含まれます。
※SIDE ORDER OF
RICE/PASTA NOODLES ARE
\$1 PER 2 SERVINGS.
SOBA, UDON, AND RAMEN
NOODLES COME WITH
YOUR PACKAGE.

※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.