

VanGohan Recipe: Week of 2024-07-15

Fried Beef With Avocado Tartar

Things you need to prepare

- Cooking oil
- Beaten egg
- Salt and pepper

Instructions

1. Salt & pepper on beef, coat it with flour and a beaten egg after
2. Heat a pan with about 1cm of oil on medium heat and cook the beef for 5-8mins
3. Remove the beef when both sides is cooked
4. Coat the beef with Seasoning④ and cut into bite-size if you want
5. Arrange them on a plate with vegetables and pour Seasoning⑤ on top and

Hokkaido's Sweet & Salty Pork Bowl

Things you need to prepare

- 50ml water
- Cooked rice

Instructions

1. Heat Seasoning① and ginger in a cup and 50ml water in a pan on high heat until boiled
2. Add onion into the pan and cook until it gets soft on medium heat, then add pork
3. When pork is cooked and caramelized, put it on cooked rice in a bowl and arrange it with green onion
4. Putting a poached egg on top would add extra rich taste...!

Takana Mixed Rice Base

Things you need to prepare

- Cooked rice (1.5-2 cups)

Instructions

1. Mix the Rice base with cooked rice (Rice would taste even better if you add scrambled egg!)
2. The package is made for 2 cups of rice. Please adjust the amount of rice as you prefer

PACKAGE OF THE WEEK

- 今週のメニュー -

JULY 16, 2024

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



北海道グルメ豚丼 HOKKAIDO'S SWEET & SALTY PORK BOWL

Pork, Cabbage, Tomato,
Seasonings (Incl. Soy Sauce,
Ginger)



ビーフ南蛮の アボカドタルタルがけ FRIED BEEF WITH AVOCADO TARTAR

Beef, Egg, Onion, Seasonings
(Incl. Soy Sauce, Mayo Milk
Lemon, Flour, Vinegar)
*Please prepare an egg

SIDE サイド (COOKED)

INGREDIENTS
材料



洋風なす田楽 GRILLED EGGPLANT WITH SWEET MISO PASTE

Eggplant, Green Pepper, Miso,
Balsamic Vinegar, Onion, Olive
Oil, Cheese, Parsley



ズッキーニトマトの マリネ MARINATED ZUCCHINI & TOMATO

Tomato, Zucchini, Olive Oil,
Lemon, Vinegar, Soy Sauce

RICE/NOODLE ごはん/麺類 (MEAL KIT)



高菜のまぜご飯 TAKANA MIXED RICE BASE

Takana, Sesame, Seasonings
(Incl. Sesame Oil, Soy Sauce,)
*Please prepare your own rice

※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 アラスクン



アーティチョークの オイル漬け MARINATED ARTICHOKE

Artichoke, Olive Oil

※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.