

# VanGohan Recipe: Week of 2026-01-26

## Grilled Fish With Herbs

### Things you need to prepare

- Olive oil
- Salt and Pepper

### Instructions (Oven cooking)

1. Salt and pepper on Fillet and leave it for 10 mins then wipe of the water by paper
2. Pre-heat the oven on 400F
3. Coat the fillet with olive oil then coat it well with panko
4. Coat asparagus and zucchini with oil as well
5. Use parchment paper or put oil on an oven plate (or use aluminum foil), and put fillet and vegetables. Pour rest of oil and panko on fillet
6. Cook them in the oven until browned. (15-20 mins)
7. Arrange them on a plate and pour tartar sauce
8. If you use a pan to stir-fry instead of using an oven (you need flour & an egg)
9. Salt and pepper on Fillet and leave it for 10 mins then wipe of the water by paper
10. Coat fillet in the order: flour, beaten egg, panko
11. Heat a pan with oil (more than usual for stir-frying) on medium heat, and cook both side of fillet and vegetables about 5 mins
12. Arrange them on a plate and pour tartar sauce

## Pork Soba With Green Onion

### Things you need to prepare

- Salt

### Instructions

1. Boil pork with some salt, also boil soba noodles for 6 mins then wash noodles and drain the water
2. Put pork and heated Seasoning②(Adjust taste by adding water) and green onion on top of soba in a bowl
3. If you want cold soba, cool soba noodles by running water and pour the Seasoning② on top!

## Pork With Marmalade Miso Sauce

### Things you need to prepare

- Cooking oil
- Salt & pepper

### Instructions

1. Heat a pan with cooking oil on medium heat and stir-fry pork with salt and pepper
2. (separate the sliced pork when you cook!)
3. When pork is cooked, add vegetables and stir-fry on high heat for a few mins until it's mostly cooked
4. Add Seasoning③ and toss it well

## Tips

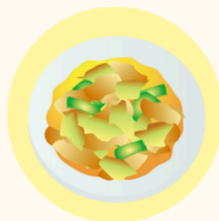
- ★Cook vegetables quickly on high heat to make them crispy

## PACKAGE OF THE WEEK

- 今週のメニュー -

JAN 27, 2026

### MAIN メイン (MEAL KIT)



豚肉の  
ママレードみそ炒め  
PORK WITH  
MARMALADE  
MISO SAUCE

Pork, Choy, Carrot, Onion,  
Seasonings (Incl. Garlic,  
Miso, Marmalade Jam, Soy  
Sauce)



白身魚の  
香草パン粉焼き  
GRILLED FISH  
WITH HERBS

White Fish, Onion, Asparagus,  
Carrots Seasonings (incl.  
Herbs, Panko, Egg, Mayo,  
Sesame, Soy Sauce, Bonito  
Flake, Lemon)

### SIDE サイド (COOKED)



野菜の揚げ浸し  
DEEP-FRIED  
VEGETABLES IN  
JAPANESE BROTH

Pumpkin, Asparagus, King  
Mushroom, Broth, Soy Sauce



ジャガビー  
カレーキンピラ  
CURRY POTATO  
KIMPIRA

Bell Pepper, Potato, Soy  
Sauce, Curry Powder

### RICE/NOODLE ごはん/麺類 (MEAL KIT)



豚ねぎそば  
PORK SOBA WITH  
GREEN ONION

Pork, Soba Noodles, Green  
Onion, Seasonings  
(Incl. Ginger, Vinegar, Soy  
Sauce, Sesame Oil, Sesame)

※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.