

VanGohan Recipe: Week of 2025-07-21

Pomodoro Pasta Sauce

Things you need to prepare

- Pasta noodle
- Salt

Instructions

1. Boil pasta with salt
2. Mix boiled pasta, Sauce in the pan
3. Add the pasta boiled water to adjust the taste (also recommended when the sauce is too dry)
4. Add some protein or vegetables as you want

Simmered Chicken With Broccolis & Eggs

Things you need to prepare

- salt

Instructions

1. Put wings and Seasoning① in a pot, then cook on medium heat
2. When the Seasoning is boiled, cook wings for 15mins on low heat and flip sometimes
3. Boil vegetables sauté them with salt
4. Add eggs in the paper bag and cook for a few mins.
5. Arrange them with boiled vegetables
6. Chicken would taste better if you boil them for 5 mins beforehand.

Twice-cooked Pork

Things you need to prepare

- Cooking oil

Instructions

1. Heat Seasoning④ on a pan on low heat until it smells well (add more cooking oil if needed)
2. Cook pork on medium heat until it's cooked, then add cabbage and bell pepper on high heat
3. Mix Seasoning③ when vegetables are cooked

PACKAGE OF THE WEEK

- 今週のメニュー -

JULY 22, 2025

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



鶏肉のさっぱり煮
SIMMERED
CHICKEN WITH
BROCCOLI AND
EGGS

Chicken, Egg, Broccoli,
Seasonings (incl. Soy Sauce,
Vinegar)



キャベツと
豚肉の味噌炒め
TWICE-COOKED
PORK

Pork, Cabbage, Bell Pepper,
Green Onion, Seasonings (Incl.
Tianmian, Soy Sauce, Ginger
Doubanjiang, Sesami Oil)

SIDE サイド (COOKED)

INGREDIENTS
材料



HOT

ズッキーニとかぼち
ゃのグラタン
ZUCCHINI AND
PUMPKIN GRATIN

Zucchini, Pumpkin,
Cheese, Wine, Olive Oil



COLD

キノコと野菜の
ナムル
MUSHROOM &
VEGGIE NAMUL

Shimeji and Enoki
Mushrooms, Bok Choy,
Stock, Garlic, Sesame,
Sesame Oil

RICE/NOODLE ごはん/麺類 (MEAL KIT)



トマトパスタソース
POMODORO
PASTA SAUCE

Carrot, Celery, Onion, Tomato
Seasonings (Incl. Garlic, Almond,
Maple Syrup, Stock, Olive Oil)

*This doesn't contain pasta noodles

※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 アラスワン



コブドレッシング
COBB DRESSING

Mayo, Ketchup, Lemon, Yogurt,
Garlic, Egg

*Pour dressing on your favorite
vegetables

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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.