

VanGohan Recipe: Week of 2025-03-24

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. ◦ Seasoning①
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 Seasoning⑦ into the pan with cooked oil, and cook them until it gets sticky then sauce is done

Marmalade Beef Stew

Things you need to prepare

- Salt & pepper
- Olive oil
- 100ml water

Instructions

1. Season Beef with salt & pepper
2. Heat a pot with olive oil and stir-fry Beef on medium to high heat to brown them
3. Add Vegetables, Seasoning③ and 100ml water in a pot and cook it on high heat to bring to boil with a lid on
4. When it's get boiled, turn the heat down to low and keep simmering it for 15-20mins

Soba Noodle with Curry Soup

Things you need to prepare

- お湯

Instructions

1. Mix Seasoning① and 150-200ml hot water and boil (adjust the taste by adding less or more water as you like)
2. Boil soba noodles for 4 mins in a different pot
3. Drain water from noodles and arrange noodles and soup in a bowl.
Add green onions on top

VanGohan

1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

MAR 25, 2025

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



ハンバーグ HAMBURG STEAK

Pork, Onion, Corn,
Broccoli, Seasonings
(Incl. Garlic, Panko,
Worcestershire Sauce,
Ketchup, Soy Sauce)
Please prepare milk or egg



牛肉の ママレード煮込み MARMALADE BEEF STEW

Beef, Onion, Carrot,
Seasonings (incl. Garlic,
Soy Sauce, Marmalade)

SIDE サイド (COOKED)

INGREDIENTS
材料



しめじ&にんじん しりしり STIR FRIED SHREDDED CARROT WITH SIMEJI MUSHROOM



ポタト&カボチャの ハニーサラダ POTATO & PUMPKIN HONEY SALAD

Potato, Pumpkin, Honey,
Mayo, Mustard, Almond

RICE/NOODLE ごはん/麺類 (MEAL KIT)



カレー蕎麦 SOBA NOODLES WITH CURRY SOUP

Soba Noodles, Carrot, Curry
Powder, Stock, Soy Sauce,
Potato Starch, Green Onion

※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 フラスコン



大根ドレッシング DAIKON RADISH DRESSING

Daikon, Lemon, Soy Sauce

※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.