

# VanGohan Recipe: Week of 2024-11-11

## Chop Suey

### Things you need to prepare

- Cooking oil
- 200ml water
- 30ml (2 table spoon) water
- Salt & pepper

### Instructions

1. Stir-fry pork on medium heat with cooking oil, and cook vegetables and mushroom first on high heat for a few mins, then add squid
2. When ingredients are mostly cooked, add Seasoning② and 200ml water then cook on medium heat for 5 mins
3. When carrots are soft, adjust the taste with salt and pepper
4. Mix 30ml water and potato starch then add it into the pan and stir lightly

## Miso Stewed Udon

### Things you need to prepare

- 400ml water

### Instructions

1. Boil 400ml water in a pot and dissolve miso
2. Put shiitake mushroom and fried tofu keep cooking it for 2-3 mins
3. Add noodles and cook it for a few mins
4. Put noodles and soup in a bowl, add green onion
5. Custom your udon with other vegetables and eggs as you like!

## Summer style Teriyaki Chicken

### Things you need to prepare

- Cooking oil

### Instructions

1. Cook chicken on a pan with cooking oil on medium heat
2. When both side is browned, add Vegetables and lemon then cook them until everything is cooked well with a lid on
3. Add Seasoning③ and cook until glazed

## PACKAGE OF THE WEEK

- 今週のメニュー -

NOVEMBER 12, 2024

### MAIN メイン (MEAL KIT)

WHAT WE SEND  
届くもの



### 鶏レモン照り焼き SUMMER STYLE TERIYAKI CHICKEN

Chicken, Lemon, Pea,  
Shimeji Mushroom  
Seasonings (Incl. Soy Sauce)



### CHOP SUEY 八宝菜

Pork, Choy, Carrot, Peas,  
Bamboo Shoot, Green Onion,  
Black Fungus, Squid,  
Seasonings (Incl. Oyster  
Sauce, Potato Starch, Stock)

### SIDE サイド (COOKED)

INGREDIENTS  
材料



### マッシュルーム トマトほうれん草ソテー SAUTEED MUSHROOM AND VEGETABLES

Mushroom, Tomato,  
Spinach, Butter



### ふるふき大根 SIMMERED DAIKON WITH MISO SAUCE

Daikon Radish, Miso,  
Tuna, Sesame, Stock

### RICE/NOODLE ごはん/麺類 (MEAL KIT)



### 味噌煮込みうどん MISO STEWED UDON

Udon Noodles, Shiitake  
Mushroom, Green Onion,  
Fried Tofu,  
Seasonings (Incl. Broth,  
Soy Sauce, Miso)

※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 アラスワソ



### きゅうりの漬物 CUCUMBER PICKLES

Cucumber

※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.