

VanGohan Recipe: Week of 2025-09-22

Japanese Fried Chicken

Things you need to prepare

- Cooking oil
- 1 Beaten egg
- 70ml water

Instructions

1. Mix a beaten egg, 70ml water, and Potato starch① in a bowl
2. Coat Chicken entirely with 1
3. Pre-heat about 3cm of cooking oil in a pan or a pot at 340F (dip the handle of a wooden spoon or a chopstick into the oil, and the oil starts steadily bubbling, then the oil is hot enough)
4. Fry chicken about 7 mins on medium heat. Drain excess oil when cooked
5. Arrange on a plate with vegetables
6. Please make sure chicken is well cooked

Starchy Rice Bowl Sauce

Things you need to prepare

- Cooked rice

Instructions

1. Heat starchy sauce in a pan or microwave it
2. Serve rice in a bowl and pour the sauce
3. Adjust taste with soy sauce

Unrolled Cabbage Rolls

Things you need to prepare

- 2 table spoons milk or an egg
- 150ml water
- Salt and Pepper

Instructions

1. Mix ground pork, onion, Seasoning①, salt and pepper, and 2 table spoons milk or an egg until it gets sticky
2. Cover the bottom of the pan with chopped cabbage(small bag) then place the meat patty on top of it
3. Use cabbage leaves②(big bag) to make a dome over the meat

4. Spread vegetables around the cabbage dome, add Seasoning④, salt & pepper, and 150ml water, then cook for 20 mins on medium heat with a lid on. Remove the scum sometimes
5. Place the cabbage dome and vegetables in a plate or a flat bowl, and cut it before you eat!
6. You can microwave cabbage for a few mins then it'd be easier for step2 and 3

VanGohan

1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

SEPT 23, 2025

MAIN メイン (MEAL KIT)



とり天 JAPANESE FRIED CHICKEN

Chicken, Seasonings
(Incl. Garlic, Ginger, Soy Sauce,
Potato Starch,
Sesame Oil, Flour)
Please prepare an egg



ロールしない ロールキャベツ UNROLLED CABBAGE ROLLS

Pork, Cabbage, Carrot, Pea,
Seasonings (incl. Soy Sauce,
Stock, Miso)
*Please prepare an egg or
milk*

SIDE サイド (COOKED)



根菜ハニーマスタード ROOT VEGETABLE HONEY MUSTARD

Root Vegetable, Onion,
Bacon, Mustard, Honey,
Olive Oil, Parsley



レタスとりのり やみつきサラダ LETTUCE SALAD

Lettuce, Seaweed, Soy Sauce,
Garlic, Sesami,
Sesami Oil

RICE/NOODLE ごはん / 麺類 (MEAL KIT)



あんかけ丼ソース STARCHY RICE BOWL SAUCE

Pork, Carrot, Choy, Sesame Oil, Soy
Sauce, Broth, Potato Starch
**Please prepare rice*

※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・ラーメン類はお
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.