

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.