

VanGohan Recipe: Week of 2025-08-04

Fish With Oyster Mayo Sauce

Things you need to prepare

- Cooking oil
- Salt&pepper

Instructions

1. Wipe the Fillet with paper to take water off, cut them into bite size and season them with salt and pepper then coat it with Potato starch①
2. Heat cooking oil in a pan on low-medium and add fish and Vegetables②
3. Cook fish until the both sides got browned
4. When Vegetables are cooked, add Seasoning④, mix them well then arrange it on a plate

Fried chicken with sweet and sour sauce

Things you need to prepare

- Cooking oil

Instructions

1. Marinate chicken with Seasoning① for 5 mins
2. Wipe the water off the chicken and coat it with potato starch②
3. Heat cooking oil (about 1cm) in a pan on medium heat, then cook chicken until browned
4. Put a lid on the pan and cook chicken on low-medium heat for about 5-8 more mins until fully cooked. When cooked, remove it from the pan and drain oil well
5. Cut the chicken as you want and arrange it on a plate with vegetables⑤ and pour Seasoning⑤, Cup⑤ on top of chicken.

Udon Noodle With Grated Daikon

Things you need to prepare

- Water

Instructions

1. Boil udon noodles for about 1 min and cool them with water
2. Mix soup base and 200ml of water and make it cold (please adjust the amount of water as your preference)

3. Put soup and all Ingredients on top of udon in a bowl
4. Poached egg, grated ginger, and myoga (Japanese ginger) would be good additional toppings!

VanGohan

1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

AUG 5, 2025

MAIN
メイン
(MEAL KIT)



香味だれの
ユーリソチー
**FRIED CHICKEN
WITH SWEET AND
SOUR SAUCE**

Chicken, Green Onion,
Seasonings (Soy Sauce, Ginger,
Garlic, Honey, Potato Starch)



**白身魚のオイスター
マヨネーズ**

Fish, Zucchini, Bell
Pepper, Seasonings
(incl. Soy Sauce, Mayo,
Oyster Sauce, Garlic)

SIDE
サイド
(COOKED)



HOT

ケールとポテトの
ホットサラダ
**KALE & POTATO
HOT SALAD**

Kale, Potato, Bacon,
Cheese, Garlic



HOT

青梗菜のクリーム煮
**BOK CHOY
IN CREAM SAUCE**

Bok Choy, Carrot,
Mushroom, Milk, Stock,
Corn Starch

RICE/NOODLE
ごはん/麺類
(MEAL KIT)



おろしうどん
**UDON NOODLES
WITH GRATED DAIKON**

Udon Noodle, Daikon, Green
Onion, Soy Sauce, Stock,
Ginger, Sesame

※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.