

VanGohan Recipe: Week of 2025-04-14

Beef Bowl

Things you need to prepare

- Cooked rice
- Egg yolk / Quail egg (Optional)

Instructions

1. Put onions, seasoning① and beef in a pan and cook on medium heat
2. When boiled, skim the foam from the surface and simmer for about 5 mins with a lid on
3. Add Shiitake, green onion and keep simmer for another 2 mins
4. Serve it with the broth on rice in a bowl and ginger
5. Add an egg yolk / quail egg as you like

Mushroom Mixed Rice Base

Things you need to prepare

- Cooked rice (2 rice cups)

Instructions

1. Mix the Package with cooked rice (2 ric cups)
2. Adjust the taste with soy sauce or salt
3. Please adjust the taste by mixing more/less than 2 cups of rice

Sweet Sour Chicken

Things you need to prepare

- Cooking oil
- Salt & pepper
- 2 table spoon water

Instructions

1. Marinate chicken with Seasoning① and salt and pepper, and coat chicken with potato starch①
2. Fry chicken with cooking oil on medium heat
3. Add and cook vegetables (microwave carrots for a few mins if you like soft carrots)
4. When vegetables are cooked, add 2 table spoon water and Seasoning④(shake the sauce well before open)

PACKAGE OF THE WEEK

- 今週のメニュー -

APRIL 15, 2025

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



牛丼 BEEF BOWL

Beef, Onion, Shiitake
Mushroom, Green Onion,
Seasonings (Incl. Soy Sauce,
Ginger, Stock)

*Package doesn't contain rice



鶏の甘酢炒め SWEET SOUR CHICKEN

Chicken, Carrot,
Bell Pepper, Onion, Ginger,
Garlic, Seasonings (incl.
Soy Sauce, Ketchup, Vinegar,
Potato Starch)

SIDE サイド (COOKED)

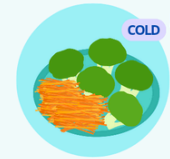
INGREDIENTS
材料



HOT

白菜とお揚げの煮物 BRAISED CHOY AND TOFU

Choy, Deep-fried Tofu, Soy
Sauce, Stock



COLD

にんじんとブロッコリー の胡麻和え CARROT AND BROCCOLI GOMAE

Broccoli, Carrot, Sesame,
Soy Sauce, Stock

RICE/NOODLE ごはん/麺類 (MEAL KIT)



きのこのまぜご飯の素 MUSHROOM MIXED RICE BASE

Shiitake, Enoki, Shimeji,
Carrots, Seasonings (Incl. Stock,
Soy Sauce)

*Please prepare your own rice

※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 プラスワン



かぶの漬物 PICKLED TURNIP

Turnip, Vinegar, Seaweed,
Red Pepper

※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.