

VanGohan Recipe: Week of 2025-11-10

Chicken And Egg Bowl

Things you need to prepare

- Cooked rice
- 50ml water
- 2~4pcs of Egg (you can add more eggs)

Instructions

1. Put Seasoning① and 50ml of water in a pot and bring to a boil, add chicken then cook it for 3-4mins on medium heat (skim the foam from the surface)
2. Add vegetables and keep simmered for another 2 mins
3. Make beaten eggs in a small bowl and add it in the pot, cook the eggs as you like
4. Serve it with the broth on rice in a bowl
5. Please make sure chicken is cooked well

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 fish cake 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!

Simmered Beef & Tofu

Things you need to prepare

- Cooking oil
- 100ml of water

Instructions

1. Cut Tofu into a small pieces for your child
2. Mix Pork and Sugar then cook it with cooking oil on medium heat
3. Move the pork to the side of the pan and add Tofu, Green onion and Konjac
4. Pour 100ml water, add some of Seasoning④ for child's portion and heat it up until it's boiled (skim off the scum)
5. Put the lid on and stew it on medium heat for 3mins then flip Tofu and keep cooking for another 3mins

6. Take child's portion from the pan, add Seasoning④ as your taste and bring it to boiled then serve

VanGohan

1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

NOVEMBER 11, 2025

MAIN
メイン
(MEAL KIT)



親子丼
OYAKODON
(CHICKEN & EGG
RICE BOWL)
Chicken, Onion, Mushroom,
Seasonings (Incl. Soy Sauce,
Stock)

*No rice included



肉豆腐
SIMMERED
BEEF AND TOFU
Beef, Tofu, Green Onion,
Konjac, Seasonings (Incl.
Soy Sauce, Stock)

SIDE
サイド
(COOKED)



ごろごろ
さつまいもサラダ
SWEET POTATO
SALAD

Sweet Potato, Potato,
Tuna, Mayo, Parsley



ふろふき大根
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。
うどん・そば・ラーメン類は
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.