

VanGohan Recipe: Week of 2024-05-20

Beef Bowl

Things you need to prepare

- Cooked rice
- 30ml of water
- Egg yolk / Quail egg (Optional)

Instructions

1. Put Seasoning① and 30ml of water, onions in a pan and bring to a boil on high heat, then add beef
2. 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

Soba Noodle with Curry Soup

Things you need to prepare

- お湯

Instructions

1. Boild 250ml water and Seasoning
2. Boil soba noodles for 4 mins in a different pot
3. Drain water from noodles and arrange noodles and soup in a bowl.
Add green onions on top
4. Adjust taste with soy sauce as you want

Tomato-Simmered Chicken

Things you need to prepare

- Cooking oil
- Salt and pepper

Instructions

1. Cook chicken with cooking oil on medium heat
2. Add vegetables when chicken is browned (add some extra veggies if you like!)
3. When onion gets soft, add Seasoning③ and cook for 10 mins (stir from bottom sometime and add a little of water, white wine or cooking sake if it gets burnt)

4. Add butter and adjust the taste with salt and pepper, then arrange on a plate



1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

MAY 21, 2024

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



チキンのトマト煮 TOMATO-SIMMERED CHICKEN

Chicken, Onion, Mushroom,
Seasonings
(incl. Tomato, Soy Sauce,
Butter)

SIDE サイド (COOKED)

INGREDIENTS
材料



アスパラのグラタン ASPARAGUS GRATIN

Asparagus, Onion,
Carrot, Cheese, Wine,
Olive Oil



ほうれん草の白和え SPINACH WITH MASHED TOFU

Spinach, Tofu, Carrot,
Sesame, Soy Sauce, Stock

RICE/NOODLE ごはん/麺類 (MEAL KIT)



カレー蕎麦 SOBA NOODLES WITH CURRY SOUP

Soba Noodles, Carrot, Curry
Powder, Stock, Soy Sauce,
Potato Starch, Green Onion

※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



キャベツの浅漬 PICKLED CABBAGE

Cabbage, Vinegar, Stock,
Soy Sauce

※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.