

# VanGohan Recipe: Week of 2025-09-01

## 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

## Salmon and Takana Rice Flavouring

### Things you need to prepare

- Cooked rice

### Instructions

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

## 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 package② 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 -

SEPT 2, 2025

### MAIN メイン (MEAL KIT)



#### 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)



#### カポナータ CAPONATA

Tomato, Eggplant, Zucchini,  
Onion, Garlic, Soy Sauce,  
Vinegar



#### 白菜サラダ HAKUSAI CHOY SALAD

Hakusai Choy, Tuna, Onion,  
Sesame Oil, Sesame, Mayo,  
Soy Sauce

### RICE/NOODLE ごはん/麺類 (MEAL KIT)



#### 高菜と鮭の混ぜご飯 SALMON AND TAKANA RICE FLAVOURING

Salmon, Sesame,  
Takana (Pickled Leaf Mustard)

\*Please prepare rice

※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.