

VanGohan Recipe: Week of 2024-05-06

Sweet Sour Chicken

Things you need to prepare

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

Instructions

1. Salt and pepper on chicken and coat chicken with potato starch^①
2. Fry chicken with cooking oil on medium heat
3. Cook vegetables
4. When vegetables are cooked, add 2 table spoon water Seasoning^④

Sweet Soy Sauce Meatballs & Choy

Things you need to prepare

- Water 50ml, 15ml
- Cooking oil
- Sesame oil (optional)

Instructions

1. Mix ground pork and Seasoning^① then form into bite-sized meatballs
2. Cook the meatballs on medium heat with cooking oil, remove them from the pan once they are well cooked
3. Stir-fry white part of bok choy and carrot for 3-5 mins
4. Put the meatballs back, and add 50ml water then cook them until water is boiled
5. Add Seasoning^⑤, and cook with a lid on for 3 mins on low heat
6. Add and cook leaves of bok choy (in Package^③) for another min
7. Mix 15ml (1 tablespoon) water in Potato Starch^⑦ cup and pour it in.
When it gets thick, add sesami oil at the end if you prefer!

UME Becon Pasta (Sour Plum)

Things you need to prepare

- Salt
- Pasta

Instructions

1. Boil pasta with salt

2. Cook garlic and bacon on a pan on medium heat
3. Add boiled pasta when bacon is cooked
4. Add Seasoning④ and cook lightly, then stop the heat, mix arugula



1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

APRIL 30, 2024

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



タンドリーチキン TANDOORI CHICKEN

Chicken, Lemon, Zucchini
Seasonings
(incl. Ginger, Garlic, Ketchup,
Curry Powder, Yogurt)



豚ネギ塩だれ GRILLED PORK WITH SALTY GREEN ONION SAUCE

Pork, Green Onion,
Cabbage, Tomato,
Seasonings (Lemon, Stock,
Garlic, Sesame Oil)

SIDE サイド (COOKED)

INGREDIENTS
材料



白菜の洋風蒸し煮 STEAM-BRAISED CHOY

Choy, Corn, Stock, Wine,
Butter, Corn Starch,
Ginger, Soy Milk



レタスとのりの やみつきサラダ LETTUCE SALAD

Lettuce, Seaweed, Soy
Sauce, Garlic, Sesami,
Sesami Oil

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 アラスワン



きゅうりの和風レモン漬 PICKLED CUCUMBER WITH LEMON & BROTH

Cucumber, Broth, Olive Oil,
Lemon

※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.