

VanGohan Recipe: Week of 2025-06-23

Chicken With Sesame Sauce

Things you need to prepare

- 4 cups of water (1L)
- Salt

Instructions

1. Prick the chicken with a fork
2. boil 4 cups of water, chicken, green onion and ginger, and salt (1 teaspoon) in a pot
3. Skim the foam. Stop the heat and cool it down with a lid on. (If you want to cook faster, boil the chicken on high heat and take chicken from the pot after 15 to 20 mins)
4. Take the chicken when the broth in the pot is cool enough to touch, and shred the chicken by hands
5. Add a little of broth to shred chicken and rub it
6. Arrange chicken with tomatoes and mixed leaves. Pour Seasoning® on top
7. ★ Do not throw the broth away! You can make Chinese style soup
8. Take ginger and green onion from the broth, and add ingredients (egg, onion, seaweed or anything you like) then adjust the taste with salt and soy sauce. Pour Sesami oil at last

Gomoku 5 Ingredients Stir-Fry

Things you need to prepare

- Cooking oil
- Salt&pepper
- 150ml Water

Instructions

1. Season pork with salt & pepper and coat it with half portion (1/2 table spoon) of potato starch①
2. Cook vegetables and eggs with cooking oil on high heat in a pan for a few mins then remove from the pan
3. Clean the pan, add some oil and cook ginger then pork on high heat
4. When pork is cooked lightly, add 150ml water and Seasoning④ then add vegetables and eggs when the sauce is boiled
5. Mix another half portion (1/2 table spoon) of potato starch① with 7.5ml water(1/2 table spoon) then add it in the pan to make the sauce thicker

6. Add sesame oil at the end as you prefer

Mushroom Pasta Sauce

Things you need to prepare

- Pasta noodle
- Salt

Instructions

1. Boil pasta with salt
2. Mix boiled pasta and Sauce in the pan
3. Add the salted water which boiled the pasta to adjust the taste (also recommended if the sauce is too dry)
4. Arrange it with green onion and seaweed



1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

JUNE 24, 2025

MAIN

メイン
(MEAL KIT)

WHAT WE SEND
届くもの



五目炒め
GOMOKU
5 INGREDIENTS
STIR-FRY

Pork, Choy, Carrot, Shiitake
Mushroom,
Quail eggs, Green Onion,
Seasonings (Incl. Oyster Sauce,
Potato Starch, Stock)



ごまだれチキン
CHICKEN WITH
SESAME SAUCE

Chicken, Tomato, Lettuce,
Seasonings (incl. Garlic,
Ginger, Soy sauce, Sesame,
Doubanjiang, Vinegar)

SIDE

サイド
(COOKED)

INGREDIENTS
材料



大根のマヨポンサラダ
DAIKON MAYO
PONZU SALAD

Daikon, Tuna, Arugula,
Mayo, Ponzu, Stock,
Soy sauce, Sesame



いんげんと里芋の
味噌マヨ
TARO & GREEN BEAN
IN MISO
MAYO SAUCE

Taro, Green Bean, Miso,
Mayo, Milk, Sesame

RICE/NOODLE ごはん/麺類

(MEAL KIT)



きのこの和風パスタ
MUSHROOM PASTA SAUCE

Mushroom, Asparagus, Bacon, Stock,
Soy Sauce, Butter, Nori Seaweed,
Green Onion

No Pasta noodles in the package

※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

フラスワソ



とうもろこしの漬物
CORN PICKLES

Corn, Vinegar, Garlic,
Bay Leaf

※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.