

VanGohan Recipe: Week of 2025-07-07

Mapo Daikon & Spinach

Things you need to prepare

- Cooking oil
- 150ml water
- 10ml water

Instructions

1. Stir-fry celery and daikon until it's cooked with cooking oil, then add pork and cook on medium heat for a few mins
2. Add Seasoning② when the pork is cooked, and pour 150ml water and boil it for a few mins
3. Add Seasoning③ then add baby spinach
4. Mix potato starch and water (10ml) in a cup, stop the heat, pour it in the pan and lightly stir

Pork Chop

Things you need to prepare

- Cooking oil
- Salt & pepper

Instructions

1. Salt & pepper and coat pork with flour
2. Cook with cooking oil on medium heat.
3. After both side is browned, turn the heat on low and make sure the pork is cooked well
4. Remove pork and clean the pan lightly
5. Heat Seasoning⑤ in the pan then add the cooked pork and let it get coated in the sauce.
6. Arrange with lettuce and lemon on your plate

Ramen Salad

Things you need to prepare

- Water

Instructions

1. Boil noodles about 5-6 mins, cool them with water, and drain the water well
2. Mix the noodles, lettuce, and Seasoning②

3. Arrange it on a plate with tomatoes and a boiled egg (in a paper bag) on top
4. Adjusting taste with salt and pepper, and adding boiled chicken breast or ham would be great, too!

VanGohan

1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

JULY 8, 2025

MAIN

メイン (MEAL KIT)

WHAT WE SEND
届くもの



ポークチョップ PORKCHOP

Pork, Bell Pepper, Lettuce,
Seasonings
(incl. Flour, Ketchup, Sweet
Vegetable Sauce, Soy Sauce)



大根ほうれん草の麻婆煮 MAPO DAIKON & SPINACH

Daikon, Spinach, Pork,
Celery, Seasonings (incl.
Garlic, Ginger, Stock, Soy
Sauce, Oyster Sauce, Miso,
Doubanjiang, Sesame Oil)

SIDE

サイド (COOKED)

INGREDIENTS
材料



ジャガビー カレーきんぴら CURRY POTATO KIMPIRA

Bell Pepper, Potato, Soy
Sauce, Curry Powder



味噌コールスロー MISO FLAVOUR COLESLAW

Cabbage, Carrots, Corn,
Mayo, Miso, Vinegar

RICE/NOODLE ごはん/麺類 (MEAL KIT)



ラーメンサラダ RAMEN SALAD

Noodle, Lettuce, Tomato, Egg,
Mayo, Soy Sauce, Stock, Vinegar,
Sesame

※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 フラスコン



白菜の漬物 CHOY PICKLES

Hakusai Choy

※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.