

# VanGohan Recipe: Week of 2026-01-19

## “Stamina” Stir fried Beef &veggies

### Things you need to prepare

- Salt and pepper
- Cooking oil

### Instructions

1. Marinate Beef with Seasoning①, and leave it for a few mins
2. Stir-fry Vegetables with cooking oil on medium heat and season it with salt & pepper then take them out when the vegetables get tender
3. Add cooking oil to the pan and stir-fry beef and put the vegetables back in when the beef get browned
4. Add Seasoning④ then boil down on high heat for a few mins until the sauce get thicker then serve

## Addictive Chicken

### Things you need to prepare

- Cooking oil

### Instructions

1. Marinate Chicken with Seasoning① for 10 mins (keep the sauce)
2. Cook chicken with cooking oil on medium heat for 3-5 mins
3. Add vegetables and cook them for 3-5 mins, and add Seasoning① used for marinating, then cook until chicken is well cooked

## Easy-peasy Paella by Rice cooker

### Things you need to prepare

- Salt and Pepper
- Rice (1 cup: 150g/180ml) 1.5cups for 3 people
- Water (a little less than for 1 cup of rice)
- Parsley and lemon/ lime(Optional)

### Instructions

1. Wash rice and add water for 1 cup of rice in a pot, then scoop out about 3 table spoons of water
2. (for 3 people, put water for 1.5 cups of rice, then scoop water out about 4.5 table spoons)
3. Add Seasoning② and 3 pinches of salt then mix well. Put Vegetables② on top then start the rice cooker \*cut tomatoes in half if you want

4. While cooking rice, stir fry squid and beef on a pan with cooking oil. Adjust taste with salt and pepper then remove them from the pan.
5. Add squid and beef in a rice cooker's pot when rice is cooked. Close the lid and steam about 3 mins
6. Mix rice and ingredients in the pot, adjust taste with salt and pepper. Arrange it on a plate with parsley and lemon/lime as you prefer

# VanGohan

1 ORDER FOR 2 PEOPLE

## PACKAGE OF THE WEEK

- 今週のメニュー -

JAN 20, 2026

### MAIN メイン (MEAL KIT)



#### スタミナ炒め "STAMINA" STIR FRIED BEEF & VEGGIES

Beef, Cabbage, Bell Pepper,  
Onion, Ginger, Garlic,  
Seasonings (Incl. Soy Sauce,  
Oyster Sauce, Potato Starch,  
Stock)



#### やみつき! チキン ADDICTIVE CHICKEN

Chicken, Onion, Shimeji  
Mushroom, Broccoli, Bell  
Pepper, Seasonings (Incl.  
Garlic, Ketchup, Soy Sauce,  
Mayo)

### SIDE サイド (COOKED)



#### かぼちゃのポタージュ PUMPKIN POTAGE

Pumpkin, Onion, Butter,  
Stock, Milk, Cream



#### 炒り豆腐 SCRAMBLED TOFU

Tofu, Carrot, Bean,  
Burdock, Fungus Mushroom,  
Egg, Stock, Soy Sauce

### RICE/NOODLE ごはん/麺類 (MEAL KIT)



#### 炊飯器パエリア EASY-PEASY PAELLA BY RICE COOKER

Squid, Sausage, Onion, Bell Pepper,  
Edamame, Curry Powder, Garlic,  
No Rice in the package

※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  
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.