

VanGohan Recipe: Week of 2025-11-17

Kimchi Hotpot Kit

Things you need to prepare

- Sesame oil/ cooking oil
- 400ml water

Instructions

1. Heat a pan on medium heat with sesame oil or cooking oil and cook pork until cooked
2. Cook Vegetables② lightly
3. Add and boil Seasoning③ and 400ml water.
4. Cook Tofu, Kimchi, and bean spouts and boil until they are cooked

Seaweed & Salmon Mixed Rice Base

Things you need to prepare

- Cooked rice

Instructions

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

Sweet Soy Saucy Meatballs & Choy

Things you need to prepare

- Cooking oil
- 2 teaspoons (10ml) water
- 50ml water
- Sesame Oil (optional)

Instructions

1. Mix Potato Starch with 10ml water (2 tea spoon)
2. Mix ground meat and Seasoning② and form into bite-sized meatballs
3. Cook the meatballs on medium heat with cooking oil
4. Stir-fry bok choy and carrot when meatballs are cooked
5. Add Seasoning⑤ and 50ml water then cook them until water is boiled. Then put a lid on and cook for a few mins on low heat
6. Pour potato starch water. When it gets thick, add sesame oil at the end if you prefer

PACKAGE OF THE WEEK

- 今週のメニュー -

NOVEMBER 18, 2025

MAIN メイン (MEAL KIT)



肉団子と青梗菜の照り煮 SWEET SOY SAUCY MEATBALLS & CHOY

Minced Pork, Choy,
Seasonings (Incl. Green
Onion, Soy Sauce, Potato
Starch, Stock, Sesame Oil,
Ginger)



キムチ鍋セット KIMCHI HOTPOT KIT

Pork, Tofu, Kimchi, Onion,
Bean Sprout, Shimeji,
Chive. Seasonings (Incl. Soy
Sauce, Stock, Gochujang,
Sesame Oil)

SIDE サイド (COOKED)



マッシュルーム トマトほうれん草ソテー SAUTEED MUSHROOM AND VEGETABLES

Mushroom, Tomato,
Spinach, Butter



ごろっと玉ねぎ BRAISED ONION

Onion, Stock, Pork, Stock,
Olive Oil

RICE/NOODLE ごはん/麺類 (MEAL KIT)



わかめと鮭の混ぜご飯 SEAWEED AND SALMON MIXED RICE BASE

Seaweed, Salmon, Sesame
No rice included

※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.