

# VanGohan Recipe: Week of 2024-07-08

## Keema Curry

### Things you need to prepare

- Cooked rice
- Salt and pepper
- 100ml water

### Instructions

1. Cook meat on a pan on medium heat and break it into small pieces
2. Cook Vegetables<sup>②</sup> for a few mins then add salt & pepper
3. Add 100ml water and Seasoning<sup>③</sup> and cook for 5-10 mins
4. Pour curry on rice

## 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 Seasoning<sup>②</sup>
3. Arrange it on a plate with tomatoes and a boiled egg on top
4. Adjusting taste with salt and pepper, and adding boiled chicken breast or ham would be great, too!

## Sauteed Garlicky Squid

### Things you need to prepare

- Cooking oil
- 100ml water, 1 table spoon water
- Salt and pepper

### Instructions

1. Cook vegetables with extra cooking oil on medium heat and take them out from the pan
2. Heat a clean pan with cooking oil, garlic and ginger on medium heat, add squid when you smell garlic and ginger well
3. Add Seasoning<sup>③</sup> salt and pepper and cooked vegetables when squid is cooked, then pour and boil 100ml of water

- Mix potato starch and 1 table spoon of water in a cup, stop the heat, pour it in a pan and lightly stir
- Please adjust the taste with soy sauce as you want



1 ORDER FOR 2 PEOPLE

## PACKAGE OF THE WEEK

- 今週のメニュー -

JULY 9, 2024

### MAIN メイン (MEAL KIT)

WHAT WE SEND  
届くもの



### キーマカレー KEEMA CURRY

Ground Pork, Onion,  
Carrot, Bell Pepper,  
Seasonings (Incl. Garlic,  
Curry Powder, Bonito  
Stock)

No Rice in the package



### イカのガーリックソテー SAUTEED GARLICKY SQUID

Squid, Broccoli, Carrot,  
Bamboo Shoot, Seasonings  
(Incl. Soy Sauce, Garlic,  
Butter, Stock)

### SIDE サイド (COOKED)

INGREDIENTS  
材料



HOT

### 青梗菜と油揚げの ピリ辛炒め SPICY BOK CHOY & FRIED TOFU STIR-FRY

Fried Tofu, Bok Choy, Oyster  
Sauce, Miso, Garlic, Potato  
Starch, Chili Bean Sauce



COLD

### 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 アラスワソ



### 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.