

# VanGohan Recipe: Week of 2025-09-15

## Meat & Potato Stew

### Things you need to prepare

- Cooking oil
- 200ml water

### Instructions

1. Stir-fry beef with cooking oil on high heat and add vegetables when beef is cooked
2. Pour 200ml water, add Seasoning② and cook until it's boiled (skim off the scum time to time)
3. Drop a piece of aluminum foil to cover it entirely and stew on medium heat for 10 mins
4. Keep stewing it on low to medium heat for 10 mins (stir lightly sometimes)
5. When potato is cooked, it's ready!

## Pork Soba With Green Onion

### Things you need to prepare

- Salt

### Instructions

1. Boil pork with some salt, also boil soba noodles for 6 mins then wash noodles and drain the water
2. Put pork and heated Seasoning②(Adjust taste by adding water) and green onion on top of soba in a bowl
3. If you want cold soba, cool soba noodles by running water and pour the Seasoning② on top!

## Stir Fry Pork with Basil

### Things you need to prepare

- Cooked rice

### Instructions

1. Cook Seasoning① at medium heat
2. Cook onion and bell pepper when you can smell the garlic.
3. Add ground pork, and stir-fry until it's cooked
4. Add Seasoning④ and shred basil and stir-fry lightly
5. Make a sunny side up egg and put it on top (optional)
6. Put it on/by rice on a place

## PACKAGE OF THE WEEK

- 今週のメニュー -

SEPT 16, 2025

### MAIN メイン (MEAL KIT)



#### ガパオライス STIR FRY PORK WITH BASIL

Ground pork, Onion, Bell Pepper, Basil, Seasonings (Incl. Garlic, Nampula, Soy Sauce, Chili Bean Paste, Oyster Sauce, Sesame, Sesame Oil)

Please prepare rice



#### 肉じゃが MEAT & POTATO STEW

Potato, Onion, Carrot, Pork, Seasonings (incl. Soy sauce, Stock)

### SIDE サイド (COOKED)



#### かぼちゃの煮物 BRAISED PUMPKIN

Pumpkin, Broccoli, Soy Sauce, Stock



#### ブロッコリーの おかか胡麻あえ BROCCOLI WITH SESAMI & BONITO

Broccoli, Sesami, Soy Sauce, Bonito Flake

### RICE/NOODLE ごはん/麺類 (MEAL KIT)



#### 豚ねぎそば PORK SOBA WITH GREEN ONION

Pork, Soba Noodles, Green Onion, Seasonings (Incl. Ginger, Vinegar, Soy Sauce, Sesame Oil, Sesame)

※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.