

VanGohan Recipe: Week of 2025-10-13

Simmered Mackerel with Miso

Things you need to prepare

- 150ml water

Instructions

1. Boil Seasoning①, ginger, and 150ml water on medium heat, then put mackerel (skin side up) on
2. When the water is boiled again, stop the heat and dissolve Seasoning② little by little
3. Turn the heat on medium to boil again. When it's boiled, make the heat on low and drop a piece of aluminum foil to cover mackerel entirely
4. Cook it until the sauce gets thick
5. Pour hot water on mackerel to remove the fishy smell if you want

Sweet Sour Chicken

Things you need to prepare

- Cooking oil
- Salt & pepper
- 2 table spoon water

Instructions

1. Salt and pepper chicken and coat chicken with potato starch①
2. Fry chicken with cooking oil on medium heat
3. Add and cook vegetables (microwave carrots for a few mins if you like soft carrots)
4. When vegetables are cooked, add 2 table spoon water and Seasoning④(shake the sauce well before open)

Tomato Ramen

Things you need to prepare

- 300ml water

Instructions

1. Boil ramen noodles for 6 mins and drain the water
2. Boil Soup② and 300ml water in a pot
3. Put noodles and soup in a bowl, and vegetables on top
4. Custom your ramen with basil, cilantro, black pepper, olive oil, and/or cheese as you like!

PACKAGE OF THE WEEK

- 今週のメニュー -

OCTOBER 14, 2025

MAIN メイン (MEAL KIT)



鶏の甘酢炒め SWEET SOUR CHICKEN

Chicken, Shimeji,
Bell Pepper, Onion, Sweet
Potato, Garlic, Seasonings
(incl. Soy Sauce, Vinegar,
Potato Starch)



サバの味噌煮 SIMMERED MACKEREL WITH MISO

Mackerel,
Seasonings (Incl. Ginger,
Sake, Stock, Miso)

SIDE サイド (COOKED)



HOT

カリフラワーの煮物 SIMMERED CAULIFLOWERS

Cauliflower, Stock, Soy
Sauce, Bonito Flakes



COLD

ほうれん草胡麻和え SPINACH GOMAAE

Carrot, Shimeji, Spinach,
Sesame, Soy Sauce

RICE/NOODLE ごはん/麺類 (MEAL KIT)



トマトラーメン TOMATO RAMEN

Arugula, Tomato, Bean
Sprout, Stock, Lime, Noodles

※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・ラーメン類はお
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.