

VanGohan Recipe: Week of 2025-03-17

Honey Mustard Drumstick

Things you need to prepare

- Cooking oil

Instructions

1. Marinate Drumstick with Seasoning① for 10-15mins in a bowl
2. Add Flour to coat Drumstick with
3. Cook Drumstick with cooking oil in a pan then add Vegetables when all sides of Drumstick got browned
4. add Seasoning④ and keep cooking it on low-medium heat
5. Make sure the chicken are fully cooked then serve

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 Seasoning③ salt and pepper and cooked vegetables when squid is cooked, then pour and boil 100ml of water
4. Mix potato starch and 1 table spoon of water in a cup, stop the heat, pour it in a pan and lightly stir
5. Please adjust the taste with soy sauce as you want

Seasoned Rice With Sweet Potato

Things you need to prepare

- Rice (1cup : 150g/180ml) 1.5cups for 3people
- Water
- Salt

Instructions

1. Wash 1cup of rice (1.5cups for 3people) and set on rice cooker with the water for 1cup (/1.5cups) of rice, add a bit of water in Seasoning

- cup, pour it and mix it well
2. Add sweet potato on top (Do not mix)
3. Cook on your rice cooker, adjust the taste with salt
4. You can sprinkle some Black sesame on top as you like

VanGohan

1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

MAR 18, 2025

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



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)



ハニーマスタード 手羽元 HONEY MUSTARD DRUMSTICK

Chicken, Mixed Leaf, Tomato,
Seasonings (incl. Soy Sauce,
Honey, Mustard)

SIDE サイド (COOKED)

INGREDIENTS
材料



COLD

こら大根ナムル DAIKON CHIVES NAMUL

Daikon, Chives, Sesame
Oil, Stock



HOT

ズッキーニの肉詰め MEAT STUFFED ZUCCHINI

Zucchini, Chicken, Onion,
Tonkatsu Sauce,
Ketchup, Panko, Soy
Sauce, Mustard

RICE/NOODLE ごはん/麺類 (MEAL KIT)



さつまいも 炊き込みご飯 SEASONED RICE WITH SWEET POTATO

Sweet potato, Stock,
Sesame

*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
※ YOU CAN ORDER RICE/PASTA FOR \$1 PER 2 SERVINGS

ON THE HOUSE フラスコン



きゅうりの漬物 PICKLED CUCUMBER

Cucumber, Soy Sauce,
Vinegar, Sesame Oil, Ginger

※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.