

# VanGohan Recipe: Week of 2024-02-12

## Starchy Ramen Sauce

### Things you need to prepare

- Water (200ml each bowl)

### Instructions

1. Boil ramen noodles for 6 mins and drain the water
2. Heat starchy sauce② in a pan
3. Put half of soup base③ and 200ml boiled water in each bowl and mix them well (1/3 for 3 people's package)
4. Add boiled ramen noodle in the bowl and pour heated starchy sauce on it

## Japanese Style Bulgogi

### Things you need to prepare

- Cooking oil

### Instructions

1. Put meat, vegetables and Seasoning① in a bowl, then mix well
2. Heat a pan with cooking oil on medium heat for a few mins and cook until vegetables are well cooked

### Tips

- ★It tastes better if you marinate meat and vegetables with Seasoning① for 10-20mins

## Creamed Meat Balls

### Things you need to prepare

- 1 table spoon milk & 200ml milk
- Salt & pepper
- 100ml water & 1 table spoon water

### Instructions

1. Mix meat, onion, Cheese① salt & pepper and 1 table spoon milk until they get sticky, and form into bite-sized meatballs
2. Cook the meatballs on medium heat with butter② in a pan
3. Add vegetables and 100ml water, then cook for 5 mins with a lid on
4. When vegetables are cooked, add 200ml milk then cook another 5mins

5. Add 1 table spoon water into potato starch⑤, and pour it into the pan



1 ORDER FOR 2 PEOPLE

## PACKAGE OF THE WEEK

- 今週のメニュー -

FEB 13, 2024

### MAIN メイン (MEAL KIT)

WHAT WE SEND  
届くもの



### 肉団子のクリーム煮 CREAMED MEAT BALLS

Pork, Choy, Mushroom,  
Seasonings (Incl. Garlic,  
Butter, Flour)

\*No milk in the package



### 和風ブルコギ JAPANESE STYLE BULGOGI

Beef, Onion, Carrot, Chive,  
Shimeji Mushroom,  
Seasonings (incl. Garlic,  
Ginger, Soy sauce, Honey,  
Gochujang)

### SIDE サイド (COOKED)

INGREDIENTS  
材料



HOT

### ナス味噌炒め MISO SIMMERED EGGPLANT

Eggplant, Bell Pepper,  
Soy Sauce, Sesami,  
Sesami Oil, Garlic



COLD

### 大根のマヨポンサラダ DAIKON MAYO PONZU SALAD

Daikon, Tuna, Arugula,  
Mayo, Ponzu, Stock,  
Soy sauce, Sesame

### RICE/NOODLE ごはん/麺類 (MEAL KIT)



### あんかけラーメン RAMEN WITH STARCHY SAUCE

Ramen Noodles, Cabbage, Carrot,  
Ginger, Sesame Oil, Stock, Soy Sauce,  
Potato Starch, Oyster Sauce

※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 プラスワン



### 玉ねぎ醤油漬 PICKLED ONION

White Onion, Soy  
Sauce, Vinegar, Garlic

※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.