

# 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.