

VanGohan Recipe: Week of 2024-03-18

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

Beef Stew

Things you need to prepare

- Cooking oil
- 250ml water

Instructions

1. Coat beef with flour, then stir-fry in a pot with cooking oil
2. When beef is browned, add and cook vegetables
3. Add Seasoning③ for a few mins. Add 250ml water and stew it
4. When beef gets soft, add Seasoning④ and cook on low heat for a while until the sauce gets thick
5. Mix butter at the end

Shoyu Ramen

Things you need to prepare

- 800ml water (for 2 bowls)

Instructions

1. Boil noodles for 6 mins and boil 800ml water in a separate pot.
2. Add Soup base into 800ml of boiled water (half the Soup base and 400ml of boiled water for 1 person)

3. Pour soup in a bowl, add drained noodles in
4. Arrange bean sprouts, corns, green onions and ramen-egg on top
5. Please adjust the taste with soy sauce as you prefer



1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

MAR 19, 2024

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)



ビーフシチュー BEEF STEW

Beef, Onion, Carrot,
Potato, Mushroom,
Seasonings (Incl. Garlic,
Butter, Flour, Ketchup,
Wine, Worcestershire
Sauce)

SIDE サイド (COOKED)

INGREDIENTS
材料



茄子の煮びたし SIMMERED EGGPLANT

Eggplant, Ginger,
Sesame Oil, Soy Sauce,
Carrot, Shimeji Mushroom,
Soy Sauce, Sesame Oil



青梗菜のクリーム煮 BOK CHOY IN CREAM SAUCE

Bok Choy, Carrot,
Mushroom, Milk, Stock, Corn
Starch

RICE/NOODLE ごはん/麺類 (MEAL KIT)



醤油ラーメン SHOYU RAMEN

Noodle, Green Onion, Corn,
Bean Sprout, Egg
Seasonings (Incl. Soy Sauce, Stock,
Ginger)

※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 アラスワン



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.