

VanGohan Recipe: Week of 2024-09-23

Japanese Fried Chicken

Things you need to prepare

- Cooking oil
- 1 Beaten egg
- 70ml water

Instructions

1. Mix a beaten egg, 70ml water, and Potato starch① in a bowl
2. Coat Chicken entirely with 1
3. Pre-heat about 3cm of cooking oil in a pan or a pot at 340F (dip the handle of a wooden spoon or a chopstick into the oil, and the oil starts steadily bubbling, then the oil is hot enough)
4. Fry chicken about 7 mins on medium heat. Drain excess oil when cooked
5. Arrange on a plate with vegetables
6. Please make sure chicken is well cooked

Meat And Potato Gratin

Things you need to prepare

- Cooking oil
- Salt and Pepper
- 250ml Milk
- Parsley (optional)

Instructions

1. Stir-fry pork until oil comes out, then add and cook onion, corn and potatoes with salt and pepper
2. When potatoes are soft, mix Seasoning②
3. Add flour and mix well, then add 250ml Milk and cook a few mins.
Adjust taste with salt and pepper
4. Add spinach and cook until it gets soft
5. Spread the step③ in oven friendly dish and put cheese and parsley (optional) on top
6. Heat it either in toaster, microwave, or oven until cheese gets melted
7. ご自宅でご用意いただくものq
8. サラダ油
9. 塩コショウ
10. 牛乳250ml

11. パセリ（お好みで）

Spinach Pesto Genovese Sauce

Things you need to prepare

- Pasta Noodles
- Salt & pepper
- Parmesan cheese (optional)

Instructions

1. Boil pasta (about 160g before boiled for 2 people, 240g for 3 people) with salt.
2. Toss the pasta well with pasta sauce (keep a bit of boiled water and mix with sauce if you think It's too thick.)
3. Please adjust the taste with salt, pepper and parmesan cheese
4. Shrimps or chicken would be great with this sauce!

VanGohan

1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

SEPT 24, 2024

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



ポテトグラタン POTATO GRATIN

Potato, Onion, Spinach, Pork,
Seasonings (Incl. Garlic, Butter,
Flour)

Please prepare milk



とり天 JAPANESE FRIED CHICKEN

Chicken, Seasonings
(Incl. Garlic, Ginger, Soy Sauce,
Potato Starch,
Sesame Oil, Flour)

Please prepare an egg

SIDE サイド (COOKED)

INGREDIENTS
材料



HOT

かぼちゃの煮物 BRAISED PUMPKIN

Pumpkin, Broccoli, Soy
Sauce, Stock



COLD

レタスとのりの やみつきサラダ LETTUCE SALAD

Lettuce, Seaweed, Soy Sauce,
Garlic, Sesami,
Sesami Oil

RICE/NOODLE ごはん/麺類 (MEAL KIT)



ほうれん草ジュノベーゼ パスタソース SPANICH PASTA SAUCE

Spinach, Garlic, Nuts, Cheese

*Package doesn't contain
pasta noodles

※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



トマト&パプリカのマリネ MARINATED TOMATO & BELL PEPPER

Tomato, Bell Pepper, Onion,
Lemon, Honey, Soy Sauce,
Basil, Oregano

※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.