

VanGohan Recipe: Week of 2024-07-01

Pork Kimchi

Things you need to prepare

- Salt and pepper

Instructions

1. Heat a pan with Seasoning① on medium heat until ginger smells well
2. Stir-fry pork (make sure the pork is flat) , add vegetables when pork is cooked mostly
3. Add Seasoning③ when onion is cooked
4. Cook off the excess water
5. Adjust the taste with salt and pepper

Tips

- ★Vegetables would be cooked evenly, if you toss the pan after adding vegetables on high heat

Seasoned Rice with Fish Cake

Things you need to prepare

- Rice
- 250ml water

Instructions

1. Add 2 cups of washed rice (3 cups for 3 people), Soup, and 250ml water in a rice cooker, and mix it lightly
2. Add vegetables and fish cakes on top, then cook rice. Mix the cooked rice lightly before you put it in a bowl.
3. Please adjust the taste with salt/ soy sauce.

Tomato-Simmered Chicken

Things you need to prepare

- Cooking oil
- Salt and pepper

Instructions

1. Cook chicken with cooking oil on medium heat
2. Add vegetables when chicken is browned (add some extra veggies if you like!)

- When onion gets soft, add Seasoning③ and cook for 10 mins (stir from bottom sometime and add a little of water, white wine or cooking sake if it gets burnt)
- Add butter and adjust the taste with salt and pepper, then arrange on a plate



1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

JULY 2, 2024

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



豚キムチ PORK KIMCHI

Sliced pork, Onion, Kimchi,
Bean sprout, Chive,
Seasonings (incl. Ginger,
Soy sauce, Sesame Oil,
Sesame)



チキンのトマト煮 TOMATO-SIMMERED CHICKEN

Chicken, Onion, Mushroom,
Seasonings
(incl. Tomato, Soy Sauce,
Butter)

SIDE サイド (COOKED)

INGREDIENTS
材料



豆腐チャップルー STIR-FRY VEGETABLES WITH TOFU

Bell Pepper, Tofu, Spam,
Soy Sauce



夏野菜の焼きひたし SIMMERED EGGPLANT, OKRA, AND BELL PEPPER

Eggplant, Okra, Bell
Pepper, Bonito, Soy Sauce

RICE/NOODLE ごはん/麺類 (MEAL KIT)



ちくわの五目ご飯 SEASONED RICE WITH FISH CAKE

Fish Cake, Shiitake, Carrot,
Burdock, Konjac, Sauce (Incl.
Soy Sauce, Bonito)

**Please prepare your own rice*

※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 フラスワソ



和風生姜ドレッシング JAPANESE STYLE DRESSING

Ginger, Onion, Soy Sauce,
Sesame Oil, Vinegar

**Pour it on your favorite vegetables*

※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.