

VanGohan Recipe: Week of 2025-06-30

Keema Curry

Things you need to prepare

- Cooked rice
- Salt and pepper
- 100ml water

Instructions

1. Cook meat on a pan on medium heat and break it into small pieces
2. Cook Vegetables② for a few mins then add salt & pepper
3. Add 100ml water and Seasoning③ and cook for 5-10 mins
4. Adjust taste with soy sauce or ketchup
5. Pour curry on rice

Okra And Grated Yam Bowl

Things you need to prepare

- Cooked rice (2 cups)

Instructions

1. Mix Sauce well and pour on rice
2. Add green onion and seaweed on top
3. You can add Soy sauce Natto or an egg yolk/ poached egg as you like!

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!)
3. 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)
4. Add butter and adjust the taste with salt and pepper, then arrange on a plate

PACKAGE OF THE WEEK

- 今週のメニュー -

JULY 1, 2025

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



キーマカレー KEEMA CURRY

Ground Pork, Onion,
Carrot, Bell Pepper,
Seasonings (Incl. Garlic,
Curry Powder, Bonito
Stock)

No Rice in the package



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



豆腐チャンプルー STIR-FRY VEGETABLES WITH TOFU

Bell Pepper, Tofu, Spam,
Soy Sauce



マカロニサラダ MACARONI SALAD

Edamame, Tuna, Carrot,
Corn, Macaroni, Cheese,
Mayo

RICE/NOODLE ごはん/麺類 (MEAL KIT)



ねばねば丼 OKRA & GRATED YAM BOWL

Okra, Yam, Daikon Pickles,
Green Onion, Seasonings
(Incl. Stock, Soy Sauce)

*Please prepare 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 アラスワソ



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.