

VanGohan Recipe: Week of 2025-10-27

Fluffy Chicken meatball

Things you need to prepare

- Cooking oil
- Salt & pepper

Instructions

1. Mix chicken, onion, Salt & pepper, and Seasoning① well until it gets sticky
2. Form it to bite-size meatballs
3. Stir-fry meatballs and vegetables on a pan with cooking oil on medium heat
4. When they are all browned, take vegetables out and put a lid on the pan and cook another 2 mins on lower heat
5. Add Seasoning⑤ and coat it around meat then arrange them on a plate with mixed green

Japanese Style Bulgogi

Things you need to prepare

- Cooking oil

Instructions

1. Put meat, vegetables and Seasoning① in a bowl, then mix well
2. Heat a pan with cooking oil on medium heat for a few mins and cook until vegetables are well cooked

Tips

- ★It tastes better if you marinate meat and vegetables with Seasoning① for 10-20mins

Spaghetti Napolitana

Things you need to prepare

- Pasta Noodles
- Salt

Instructions

1. Boil pasta with salt
2. Toss the pasta well with heated pasta sauce
3. Adjust the taste with ketchup as preferred

PACKAGE OF THE WEEK

- 今週のメニュー -

OCTOBER 28, 2025

MAIN メイン (MEAL KIT)



ふわふわ鶏つくね FLUFFY CHICKEN MEATBALL

Chicken, Asparagus, (Incl. Soy Sauce, Ginger, Garlic, Potato Starch)
Please prepare an egg



和風プルコギ JAPANESE STYLE BULGOGI

Beef, Onion, Carrot, Chive, Shimeji Mushroom, Seasonings (incl. Garlic, Ginger, Soy sauce, Honey, Gochujang)

SIDE サイド (COOKED)



大根そぼろあんかけ DAIKON & PORK WITH STARCHY SAUCE

Daikon Radish, Ground Pork, Seasonings (incl. Ginger, Soy sauce, Oyster Sauce)



焼きナストマトのマリネ MARINATED EGGPLANT AND TOMATO

Tomato, Eggplant, Lemon, Olive Oil, Soy Sauce, Vinegar

RICE/NOODLE ごはん/麺類 (MEAL KIT)



ナポリタンソース SPAGHETTI NAPOLITANA

Bacon, Onion, Bell pepper, Garlic, Ketchup
*No pasta noodles included

※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.