

VanGohan Recipe: Week of 2026-02-02

Hokkaido's Sweet & Salty Pork Bowl

Things you need to prepare

- 50ml water
- Cooked rice

Instructions

1. Heat Seasoning① and 50ml water in a pan on high heat until boiled
2. Add onion into the pan and cook until it gets soft on medium heat, then add pork
3. When pork is cooked and caramelized, put it on cooked rice in a bowl and arrange it with green onion
4. Putting a poached egg on top would add extra rich taste...!

Mushroom & Tuna Japanese Style Pasta Sauce

Things you need to prepare

- Pasta noodle
- Water
- Salt

Instructions

1. Boil pasta with salt
2. Heat pasta sauce and adjust the taste with salted water from step1 (add salt & pepper if you want)
3. Put green onion and seaweed on top
4. Please adjust the taste with water that boiled pasta
5. 160g to 200g pasta before boiled are for 2 people

Teriyaki Mayo Chicken

Things you need to prepare

- Cooking oil

Instructions

1. Marinate chicken with Seasoning① and sugar① about 10 mins
2. Cook chicken and vegetables② with cooking oil on medium heat for 3-5 mins each side
3. When cooked, add the marinated sauce in and cook another minute
4. Arrange with Seasoning④ on plate
5. Please make sure chicken is cooked well

PACKAGE OF THE WEEK

-今週のメニュー-

FEB 3, 2026

MAIN
メイン
(READY-TO-COOK)



北海道グルメ豚丼
HOKKAIDO'S
SWEET & SALTY
PORK BOWL
Pork, Cabbage, Tomato,
Seasonings (Incl. Soy Sauce,
Ginger)

照りマヨチキン
TERIYAKI MAYO
CHICKEN

Chicken, Arugula, Tomato,
Seasonings (Incl. Soy
Sauce, Mayo)

SIDE
サイド
(READY-TO-EAT)



ズッキーニの肉詰め
MEAT STUFFED
ZUCCHINI

Zucchini, Chicken, Onion,
Tonkatsu Sauce,
Ketchup, Panko, Soy
Sauce, Mustard

芽キャベツと
アンチョビのロースト
ROASTED BRUSSELS
SPROUTS & ANCHOVY

Brussels Sprouts, Bell Pepper,
Anchovy, Cheese, Garlic,
Stock, Butter

RICE/NOODLE
ごはん / 麺類
(READY-TO-COOK)



ツナときのこの和風パスタ
TUNA & MUSHROOM
PASTA SAUCE

Shimeji Mushroom, Onion, Tuna,
Stock, Butter, Soy Sauce, Seaweed
**No pasta noodles in the package*

※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・ラーメン麺は
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.