

VanGohan Recipe: Week of 2025-04-21

Chirashi Sushi Base

Things you need to prepare

- Cooked rice (2 cups)

Instructions

1. Mix the Seasoning① with cooked rice (2cups)
2. Add Package② and mix *don't mash rice
3. Arrange it on a plate with peas
4. Please adjust the taste by mixing more/less than 2 cups of rice

Mayo Ponzu Chicken

Things you need to prepare

- Cooking oil

Instructions

1. Coat chicken with potato starch① lightly
2. Stir-fry chicken on a pan with cooking oil on medium heat until both side is browned
3. Add vegetables and cook until they get soft
4. Add Seasoning④ and cook for a few mins

Sweet Soy Saucy Meatballs & Choy

Things you need to prepare

- Cooking oil
- 2 teaspoons (10ml) water
- 50ml water
- Sesame Oil (optional)

Instructions

1. Mix Potato Starch with 10ml water (2 tea spoon)
2. Mix ground meat and Seasoning② and form into bite-sized meatballs
3. Cook the meatballs on medium heat with cooking oil
4. Stir-fry bok choy and carrot when meatballs are cooked
5. Add Seasoning⑤ and 50ml water then cook them until water is boiled. Then put a lid on and cook for a few mins on low heat
6. Pour potato starch water. When it gets thick, add sesame oil at the end if you prefer

PACKAGE OF THE WEEK

- 今週のメニュー -

APRIL 22, 2025

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



肉団子と青梗菜の照り煮 SWEET SOY SAUCY MEATBALLS & CHOY

Ground Pork, Bok Choy,
Carrot, Seasonings (Incl.
Green Onion, Soy Sauce,
Potato Starch, Stock,
Sesame Oil, Ginger)



マヨポンチキン MAYO PONZU CHICKEN

Chicken, Zucchini,
Asparagus, Bell Pepper,
Onion, Seasonings (Incl.
Ponzu, Mayo, Soy Sauce,
Sesame)

SIDE サイド (COOKED)

INGREDIENTS
材料



マッシュルーム トマトほうれん草ソテー SAUTEED MUSHROOM AND VEGETABLES

Mushroom, Tomato,
Spinach, Butter



ポタトのポタージュ POTATO POTAGE

Potato, Onion, Butter,
Stock, Milk

RICE/NOODLE ごはん/麺類 (MEAL KIT)



ちらし寿司の素 CHIRASHI SUSHI BASE

Shiitake Mushroom, Carrot, Pea,
Bamboo Shoots, Vinegar, Soy
Sauce

※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 アラスワン



胡麻ドレッシング SESAME DRESSING

Sesame, Soy Sauce, Mayo,
Vinegar, Sesame Oil

*Pour dressing 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.