

# VanGohan Recipe: Week of 2024-11-04

## Mushroom Mixed Rice Base

### Things you need to prepare

- Cooked rice (2cups)

### Instructions

1. Mix the Package with cooked rice (2cups)
2. Adjust the taste with soy sauce or salt
3. Please adjust the taste by mixing more/less than 2 cups of rice

## Oden Kit

### Things you need to prepare

- Hot water
- 1 litre of water

### Instructions

1. Pour enough water to cover Daikon Radish in a microwavable bowl, and microwave for 10 mins
2. Put all ingredients (vegetables and fish cakes) and Sauce②, and 1 litre of water in a pot and boil (eggs are in a paper bag)
3. When boiled, simmer 15 to 20 mins on low heat until all ingredients get soft and adjust taste with salt
4. If you would like less oily fish cakes, pour hot water on fish cakes before you cook
5. It takes more flavourful if you cool the oden once it's cooked and reheat right before you eat

## 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

**VanGohan**

1 ORDER FOR 2 PEOPLE

## PACKAGE OF THE WEEK

- 今週のメニュー -

NOVEMBER 5, 2024

### MAIN

メイン  
(MEAL KIT)

WHAT WE SEND  
届くもの



おでんセット  
ODEN SET

Fish Cakes, Daikon Radish,  
Carrot, Potato, Egg (Inc.  
Soy Sauce, Stock)



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

Minced Pork, Choy,  
Seasonings (Inc. Green  
Onion, Soy Sauce, Potato  
Starch, Stock, Sesame Oil,  
Ginger)

### SIDE

サイド  
(COOKED)

INGREDIENTS  
材料



ごろごろ  
さつまいもサラダ  
SWEET POTATO

Sweet Potato, Potato,  
Tuna, Mayo, Parsley



白菜の洋風蒸し煮  
STEAM-BRAISED  
CHOY

Choy, Corn, Stock, Wine,  
Butter, Corn Starch,  
Ginger, Soy Milk

RICE/NOODLE ごはん/麺類  
(MEAL KIT)



きのこのまぜご飯の素  
MUSHROOM MIXED  
RICE BASE

Shiitake, Enoki, Shimeji,  
Carrots, Seasonings (Incl. Stock,  
Soy Sauce)

\*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  
フラスワフ



にんじんドレッシング  
CARROT DRESSING

Carrot, Honey, Vinegar

※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.