

VanGohan Recipe: Week of 2024-10-21

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 it's ready to eat!

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

Takuan & Takana Mixed Rice Base

Things you need to prepare

- Cooked rice

Instructions

1. Mix the Package with cooked rice (about 2 rice cups)
2. Please adjust the taste by mixing more/less than 1.5-2 cups of rice and add a little of salt if you want!

PACKAGE OF THE WEEK

- 今週のメニュー -

OCTOBER 22, 2024

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



ふわふわ鶏つくね FLUFFY CHICKEN MEATBALL

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



和風ブルギ JAPANESE STYLE BULGOGI

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

SIDE サイド (COOKED)

INGREDIENTS
材料



茄子のピリ辛煮 SIMMERED EGGPLANT WITH CHILI PEPPER

Eggplant, Garlic, Sesame
Oil, Soy Sauce, Pepper,
Stock



ジャーマンポテト GERMAN FRIED POTATOES

Potato, Bacon, Onion,
Garlic, Soy Sauce, Butter

RICE/NOODLE ごはん/麺類 (MEAL KIT)



たくあんと高菜の 混ぜご飯の素 TAKUAN & TAKANA MIXED RICE BASE

Pickled Daikon, Sesame,
Sesame Oil, Pickled Mustard
**No rice included*

※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



梅ドレッシング PLUM DRESSING

Sour Plum, Soy Sauce, Lemon
**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.