

VanGohan Recipe: Week of 2025-09-01

Chop Suey

Things you need to prepare

- Cooking oil
- 200ml water
- 30ml (2 table spoon) water
- Salt & pepper

Instructions

1. Stir-fry pork on medium heat with cooking oil, and cook vegetables and mushroom first on high heat for a few mins, then add squid
2. When ingredients are mostly cooked, add Seasoning② and 200ml water then cook on medium heat for 5 mins
3. When carrots are soft, adjust the taste with salt and pepper
4. Mix 30ml water and potato starch then add it into the pan and stir lightly

Salmon and Takana Rice Flavouring

Things you need to prepare

- Cooked rice

Instructions

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

Summer style Teriyaki Chicken

Things you need to prepare

- Cooking oil

Instructions

1. Cook chicken on a pan with cooking oil on medium heat
2. When both side is browned, add package② then cook them until everything is cooked well with a lid on
3. Add Seasoning③ and cook until glazed

PACKAGE OF THE WEEK

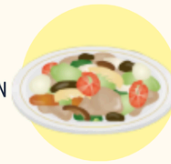
- 今週のメニュー -

SEPT 2, 2025

MAIN メイン (MEAL KIT)



鶏レモン照り焼き
SUMMER STYLE
TERIYAKI CHICKEN
Chicken, Lemon, Pea,
Shimeji Mushroom
Seasonings (Incl. Soy Sauce)



CHOP SUEY
八宝菜
Pork, Choy, Carrot, Peas,
Bamboo Shoot, Green Onion,
Black Fungus, Squid,
Seasonings (Incl. Oyster
Sauce, Potato Starch, Stock)

SIDE サイド (COOKED)



カボチャ
CAPONATA
Tomato, Eggplant, Zucchini,
Onion, Garlic, Soy Sauce,
Vinegar



白菜サラダ
HAKUSAI CHOY
SALAD
Hakusai Choy, Tuna, Onion,
Sesame Oil, Sesame, Mayo,
Soy Sauce

RICE/NOODLE ごはん/麺類 (MEAL KIT)



高菜と鮭の混ぜご飯
SALMON AND TAKANA
RICE FLAVOURING
Salmon, Sesame,
Takana (Pickled Leaf Mustard)
*Please prepare rice

※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・ラーメン類はお
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.