

## VanGohan Recipe: Week of 2025-08-04

### Fish With Oyster Mayo Sauce

#### Things you need to prepare

- Cooking oil
- Salt&pepper

#### Instructions

1. Wipe the Fillet with paper to take water off, cut them into bite size and season them with salt and pepper then coat it with Potato starch①
2. Heat cooking oil in a pan on low-medium and add fish and Vegetables②
3. Cook fish until the both sides got browned
4. When Vegetables are cooked, add Seasoning④, mix them well then arrange it on a plate

### Fried chicken with sweet and sour sauce

#### Things you need to prepare

- Cooking oil

#### Instructions

1. Marinate chicken with Seasoning① for 5 mins
2. Wipe the water off the chicken and coat it with potato starch②
3. Heat cooking oil (about 1cm) in a pan on medium heat, then cook chicken until browned
4. Put a lid on the pan and cook chicken on low-medium heat for about 5-8 more mins until fully cooked. When cooked, remove it from the pan and drain oil well
5. Cut the chicken as you want and arrange it on a plate with vegetables⑤ and pour Seasoning⑤, Cup⑤ on top of chicken.

### Udon Noodle With Grated Daikon

#### Things you need to prepare

- Water

#### Instructions

1. Boil udon noodles for about 1 min and cool them with water
2. Mix soup base and 200ml of water and make it cold (please adjust the amount of water as your preference)

- Put soup and all Ingredients on top of udon in a bowl
- Poached egg, grated ginger, and myoga (Japanese ginger) would be good additional toppings!

**VanGohan**

1 ORDER FOR 2 PEOPLE

## PACKAGE OF THE WEEK

- 今週のメニュー -

AUG 5, 2025

**MAIN**  
**メイン**  
(MEAL KIT)



香味だれの  
ユーリソチー  
**FRIED CHICKEN  
WITH SWEET AND  
SOUR SAUCE**

Chicken, Green Onion,  
Seasonings (Soy Sauce, Ginger,  
Garlic, Honey, Potato Starch)



**白身魚のオイスター  
マヨネーズ**

Fish, Zucchini, Bell  
Pepper, Seasonings  
(incl. Soy Sauce, Mayo,  
Oyster Sauce, Garlic)

**SIDE**  
**サイド**  
(COOKED)



HOT

ケールとポテトの  
ホットサラダ  
**KALE & POTATO  
HOT SALAD**

Kale, Potato, Bacon,  
Cheese, Garlic



HOT

青梗菜のクリーム煮  
**BOK CHOY  
IN CREAM SAUCE**

Bok Choy, Carrot,  
Mushroom, Milk, Stock,  
Corn Starch

**RICE/NOODLE**  
**ごはん/麺類**  
(MEAL KIT)



おろしうどん  
**UDON NOODLES  
WITH GRATED DAIKON**

Udon Noodle, Daikon, Green  
Onion, Soy Sauce, Stock,  
Ginger, Sesame

※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.