

# VanGohan Recipe: Week of 2025-07-21

## Pomodoro Pasta Sauce

### Things you need to prepare

- Pasta noodle
- Salt

### Instructions

1. Boil pasta with salt
2. Mix boiled pasta, Sauce in the pan
3. Add the pasta boiled water to adjust the taste (also recommended when the sauce is too dry)
4. Add some protein or vegetables as you want

## Simmered Chicken With Broccolis & Eggs

### Things you need to prepare

- salt

### Instructions

1. Put wings and Seasoning① in a pot, then cook on medium heat
2. When the Seasoning is boiled, cook wings for 15mins on low heat and flip sometimes
3. Boil vegetables sauté them with salt
4. Add eggs in the paper bag and cook for a few mins.
5. Arrange them with boiled vegetables
6. Chicken would taste better if you boil them for 5 mins beforehand.

## Twice-cooked Pork

### Things you need to prepare

- Cooking oil

### Instructions

1. Heat Seasoning④ on a pan on low heat until it smells well (add more cooking oil if needed)
2. Cook pork on medium heat until it's cooked, then add cabbage and bell pepper on high heat
3. Mix Seasoning③ when vegetables are cooked

## PACKAGE OF THE WEEK

- 今週のメニュー -

JULY 22, 2025

### MAIN メイン (MEAL KIT)

WHAT WE SEND  
届くもの



鶏肉のさっぱり煮  
SIMMERED  
CHICKEN WITH  
BROCCOLI AND  
EGGS

Chicken, Egg, Broccoli,  
Seasonings (incl. Soy Sauce,  
Vinegar)



キャベツと  
豚肉の味噌炒め  
TWICE-COOKED  
PORK

Pork, Cabbage, Bell Pepper,  
Green Onion, Seasonings (Incl.  
Tianmian, Soy Sauce, Ginger  
Doubanjiang, Sesami Oil)

### SIDE サイド (COOKED)

INGREDIENTS  
材料



HOT

ズッキーニとかぼち  
ゃのグラタン  
ZUCCHINI AND  
PUMPKIN GRATIN

Zucchini, Pumpkin,  
Cheese, Wine, Olive Oil



COLD

キノコと野菜の  
ナムル  
MUSHROOM &  
VEGGIE NAMUL

Shimeji and Enoki  
Mushrooms, Bok Choy,  
Stock, Garlic, Sesame,  
Sesame Oil

### RICE/NOODLE ごはん/麺類 (MEAL KIT)



トマトパスタソース  
POMODORO  
PASTA SAUCE

Carrot, Celery, Onion, Tomato  
Seasonings (Incl. Garlic, Almond,  
Maple Syrup, Stock, Olive Oil)

\*This doesn't contain pasta noodles

※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 アラスワフ



コブドレッシング  
COBB DRESSING

Mayo, Ketchup, Lemon, Yogurt,  
Garlic, Egg

\*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.