

# VanGohan Recipe: Week of 2025-05-19

## Creamed Meat Balls

### Things you need to prepare

- 200ml milk
- Salt & pepper
- 100ml water & 1 table spoon water

### Instructions

1. Mix meat, onion, Cheese① salt & pepper and 1 table spoon milk until they get sticky, and form into bite-sized meatballs
2. Cook the meatballs on medium heat with butter② in a pan
3. Add vegetables and 100ml water, then cook for 5 mins with a lid on
4. When vegetables are cooked, add 200ml milk then cook another 5mins
5. Add 1 table spoon water into potato starch⑤, and pour it into the pan

## Lemon Chicken With Herbs

### Things you need to prepare

- Cooking oil

### Instructions

1. Prepare a clean bag or a bowl and marinate Seasoning①, sliced lemon, chicken and potatoes for 30 mins
2. Pre-heat oven to 400F. Put chicken, potato, and lemon on a tray and pour marinate sauce on chicken
3. Cook for 20 mins and remove from oven once
4. Make oven to 450F. Scoop and pour the oil from chicken back on and cook another 10-15 mins until the skin is browned
5. Take potato out from the oven when it's cooked and arrange it on a plate with chicken, tomato and lemon
6. If you don't have an oven, heat a pan with cooking oil, shake off extra marinade from ingredients after step2, place them in the pan and cook them on medium heat for 5-8min (press chicken down to the pan with a flipper time to time) then flip them over and cook for another 3-5min
7. Please make sure chicken is cooked well

## Spinach Pasta Sauce

## Things you need to prepare

- Pasta Noodles
- Salt & pepper
- Parmesan cheese (optional)

## Instructions

1. Boil pasta (about 160g before boiled for 2 people, 240g for 3 people) with salt.
2. Toss the pasta well with pasta sauce (keep a bit of boiled water and mix with sauce if you think It's too thick.)
3. Please adjust the taste with salt, pepper and parmesan cheese
4. Shrimps or chicken would be great with this sauce!

# VanGohan

1 ORDER FOR 2 PEOPLE

## PACKAGE OF THE WEEK

- 今週のメニュー -

MAY 20, 2025

### MAIN メイン (MEAL KIT)

WHAT WE SEND  
届くもの



### 肉団子のクリーム煮 CREAMED MEAT BALLS

Pork, Choy, Mushroom,  
Seasonings (Incl. Garlic,  
Butter, Flour)

\*No milk in the package



### レモンチキンの オーブン焼き LEMON CHICKEN WITH HERBS

Chicken, Lemon, Potato,  
Herbs, Tomato,  
Olive Oil

### SIDE サイド (COOKED)

INGREDIENTS  
材料



HOT

### アスパラのグラタン ASPARAGUS GRATIN

Asparagus, Onion,  
Carrot, Cheese, Wine,  
Olive Oil



COLD

### チンゲン菜のおひたし SIMMERED BOK-CHOY

Bok-choy, Deep fried  
tofu, Bonito stock, Soy  
sauce

### RICE/NOODLE ごはん/麺類 (MEAL KIT)



### ほうれん草ジュノベーゼ パスタソース SPANISH PASTA SAUCE

Spinach, Garlic, Nuts, Cheese

\*No pasta noodles in the  
package

※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



### キャベツの浅漬け PICKLED CABBAGE

Cabbage, Vinegar, Stock,  
Soy Sauce

※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.