

VanGohan Recipe: Week of 2025-03-10

Eggplant All'arrabbiata

Things you need to prepare

- Pasta Noodles
- Salt

Instructions

1. Boil pasta with salt.
2. Toss the pasta well with heated pasta sauce

Fried chicken with sweet and sour sauce

Things you need to prepare

- Cooking oil

Instructions

1. Marinate Seasoning① with chicken for 5 mins
2. Wipe the moisture off the chicken and coat it with potato starch
3. Heat cooking oil 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 more mins until 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 vegetables and pour Seasoning⑤ on top of chicken.

Pork With Mustard Sauce

Things you need to prepare

- Water

Instructions

1. Boil Pork in a pot and drain water.
2. Add Seasoning ② and carrots & ginger② in a bowl with boiled pork and mix them well
3. Arrange it on a plate with mixed green and Japanese basil

PACKAGE OF THE WEEK

- 今週のメニュー -

MAR 11, 2025

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



ポークの
からしごまソース
PORK WITH
MUSTARD SAUCE

Pork, Carrot, Ginger,
Seasonings (Incl. Soy Sauce,
Mustard Sesame Oil, Sesame)



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)

SIDE サイド (COOKED)

INGREDIENTS
材料



COLD

味噌コールスロー
MISO FLAVOUR
COLESLAW

Cabbage, Carrots, Corn,
Mayo, Miso, Vinegar



HOT

豆腐のナスあんかけ
DEEP FRIED TOFU
WITH EGGPLANT
SAUCE

Tofu, Eggplant, Bell
Pepper, Green Onion Sweet
Chilli Sauce, Sesame Oil,
Potato Starch, Soy Sauce

RICE/NOODLE ごはん/麺類 (MEAL KIT)



ナスのアラビアータソース
EGG PLANT
ALL'ARRABBIATA SAUCE

Eggplant, Bacon, Tomato,
Stock, Garlic, Pepper

*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 アラスワソ



イタリアンドレッシング
ITALIAN SALAD
DRESSING

Lemon, Olive Oil,
Soy Sauce, Garlic, Herbs

*Pour it 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.