

VanGohan Recipe: Week of 2024-11-04

Mushroom Mixed Rice Base

Things you need to prepare

- Cooked rice (2cups)

Instructions

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

Oden Kit

Things you need to prepare

- Hot water
- 1 litre of water

Instructions

1. Pour enough water to cover Daikon Radish in a microwavable bowl, and microwave for 10 mins
2. Put all ingredients (vegetables and fish cakes) and Sauce②, and 1 litre of water in a pot and boil (eggs are in a paper bag)
3. When boiled, simmer 15 to 20 mins on low heat until all ingredients get soft and adjust taste with salt
4. If you would like less oily fish cakes, pour hot water on fish cakes before you cook
5. It takes more flavourful if you cool the oden once it's cooked and reheat right before you eat

Sweet Soy Saucy Meatballs & Choy

Things you need to prepare

- Cooking oil
- 2 teaspoons (10ml) water
- 50ml water
- Sesame Oil (optional)

Instructions

1. Mix Potato Starch with 10ml water (2 tea spoon)
2. Mix ground meat and Seasoning② and form into bite-sized meatballs
3. Cook the meatballs on medium heat with cooking oil

4. Stir-fry bok choy and carrot when meatballs are cooked
5. Add Seasoning⑤ and 50ml water then cook them until water is boiled. Then put a lid on and cook for a few mins on low heat
6. Pour potato starch water. When it gets thick, add sesame oil at the end if you prefer

VanGohan

1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

NOVEMBER 5, 2024

MAIN

メイン
(MEAL KIT)

WHAT WE SEND
届くもの



おでんセット
ODEN SET

Fish Cakes, Daikon Radish,
Carrot, Potato, Egg (Inc.
Soy Sauce, Stock)



肉団子と青梗菜の照り煮
SWEET SOY SAUCY
MEATBALLS
& CHOY

Minced Pork, Choy,
Seasonings (Inc. Green
Onion, Soy Sauce, Potato
Starch, Stock, Sesame Oil,
Ginger)

SIDE

サイド
(COOKED)

INGREDIENTS
材料



ごろごろ
さつまいもサラダ
SWEET POTATO

Sweet Potato, Potato,
Tuna, Mayo, Parsley



白菜の洋風蒸し煮
STEAM-BRAISED
CHOY

Choy, Corn, Stock, Wine,
Butter, Corn Starch,
Ginger, Soy Milk

RICE/NOODLE ごはん/麺類
(MEAL KIT)



きのこのまぜご飯の素
MUSHROOM MIXED
RICE BASE

Shiitake, Enoki, Shimeji,
Carrots, Seasonings (Incl. Stock,
Soy Sauce)

*Please prepare your own rice

※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
フラスワフ



にんじんドレッシング
CARROT DRESSING

Carrot, Honey, Vinegar

※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.