

VanGohan Recipe: Week of 2025-12-15

Cream Stew

Things you need to prepare

- Cooking oil
- 1 teaspoon salt
- 500ml Milk (Soy)
- Salt and pepper

Instructions

1. Cook Seasoning① in a pot until it smells well
2. Stir-fry chicken and 1 teaspoon salt for a few mins, then leave it for 10 mins with a lid on. (mix it sometimes)
3. Add vegetables and leave it for 15 mins with a lid on. (mix it sometimes)
4. Stop the heat, add flour and butter④, and mix well until moistened
5. Add and stir 500ml (soy) milk little by little on low heat
6. Adjust the taste with salt and pepper. Miso'd be good, too.

Keema Curry

Things you need to prepare

- Cooked rice
- Salt and pepper
- 100ml water

Instructions

1. Cook meat on a pan on medium heat and break it into small pieces
2. Cook Vegetables② for a few mins then add salt & pepper
3. Add 100ml water and Seasoning③ and cook for 5-10 mins
4. Adjust taste with soy sauce or ketchup
5. Pour curry on rice

Mixed Rice Base With Plum And Edamame

Things you need to prepare

- Cooked rice (1.5-2 cups)

Instructions

1. Mix the Package with cooked rice
2. Adjust the taste with soy sauce or salt

PACKAGE OF THE WEEK

- 今週のメニュー -

DECEMBER 16, 2025

MAIN メイン (MEAL KIT)



キーマカレー KEEMA CURRY

Ground Pork, Onion,
Carrot, Bell Pepper,
Seasonings (Incl. Garlic,
Curry Powder, Bonito
Stock)

No Rice in the package



クリームシチュー CREAM STEW

Chicken, Broccoli, Onion,
Carrot, Potato, Seasonings
(Incl. Garlic, Butter, Flour)

*The package doesn't contain
milk

SIDE サイド (COOKED)



ラタトゥイユ VEGETABLE STEW WITH TOMATO SAUCE

Eggplant, Zucchini, Celery,
Onion, Bell Pepper, Tomato,
Garlic, Stock



青梗菜と油揚げの ピリ辛炒め SPICY BOK CHOY & FRIED TOFU STIR-FRY

Fried Tofu, Bok Choy, Oyster
Sauce, Miso, Garlic, Potato
Starch, Chili Bean Sauce

RICE/NOODLE ごはん/麺類 (MEAL KIT)



梅枝豆の混ぜご飯の素 MIXED RICE BASE WITH PLUM AND EDAMAME

Plum, Edamame, Sesame,
Kobu-tea, Ginger

No Rice in the package

※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
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.