

VanGohan Recipe: Week of 2024-08-26

Lemon Chicken With Herbs

Things you need to prepare

- Cooking oil

Instructions

1. Prepare a clean bag or a bowl and marinate 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

Tantan Noodle

Things you need to prepare

- Cooking oil
- Soy sauce

Instructions

1. Boil noodles for 6 mins with a lot of hot water. (Please use a lot of well boiled hot water to make the noodles take better.)
2. Heat Sauce②
3. Drain the water and arrange noodles in a bowl with heated sauce and adjust taste with soy sauce as you prefer. Then put green onion on top.

Teriyaki Egg Meatballs

Things you need to prepare

- Cooking oil
- Salt & pepper

Instructions

1. Mix meat, onion, Seasoning① and salt & pepper in a bowl until they get sticky, and form into bite-sized meatballs
2. Cook the meatballs all the way through on medium heat in a pan with cooking oil, and add vegetable and cook well
3. Wipe extra oil with paper towel then add Seasoning③ and cook it down
4. Put Seasoning④ on the meatballs and cook in the oven toaster until the egg get slightly browned