

VanGohan Recipe: Week of 2026-01-19

“Stamina” Stir fried Beef &veggies

Things you need to prepare

- Salt and pepper
- Cooking oil

Instructions

1. Marinate Beef with Seasoning①, and leave it for a few mins
2. Stir-fry Vegetables with cooking oil on medium heat and season it with salt & pepper then take them out when the vegetables get tender
3. Add cooking oil to the pan and stir-fry beef and put the vegetables back in when the beef get browned
4. Add Seasoning④ then boil down on high heat for a few mins until the sauce get thicker then serve

Addictive Chicken

Things you need to prepare

- Cooking oil

Instructions

1. Marinate Chicken with Seasoning① for 10 mins (keep the sauce)
2. Cook chicken with cooking oil on medium heat for 3-5 mins
3. Add vegetables and cook them for 3-5 mins, and add Seasoning① used for marinating, then cook until chicken is well cooked

Easy-peasy Paella by Rice cooker

Things you need to prepare

- Salt and Pepper
- Rice (1 cup: 150g/180ml) 1.5cups for 3 people
- Water (a little less than for 1 cup of rice)
- Parsley and lemon/ lime(Optional)

Instructions

1. Wash rice and add water for 1 cup of rice in a pot, then scoop out about 3 table spoons of water
2. (for 3 people, put water for 1.5 cups of rice, then scoop water out about 4.5 table spoons)
3. Add Seasoning② and 3 pinches of salt then mix well. Put Vegetables② on top then start the rice cooker *cut tomatoes in half if you want

4. While cooking rice, stir fry squid and beef on a pan with cooking oil. Adjust taste with salt and pepper then remove them from the pan.
5. Add squid and beef in a rice cooker's pot when rice is cooked. Close the lid and steam about 3 mins
6. Mix rice and ingredients in the pot, adjust taste with salt and pepper. Arrange it on a plate with parsley and lemon/lime as you prefer

VanGohan

1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

JAN 20, 2026

MAIN メイン (MEAL KIT)



スタミナ炒め "STAMINA" STIR FRIED BEEF & VEGGIES

Beef, Cabbage, Bell Pepper,
Onion, Ginger, Garlic,
Seasonings (Incl. Soy Sauce,
Oyster Sauce, Potato Starch,
Stock)



やみつき! チキン ADDICTIVE CHICKEN

Chicken, Onion, Shimeji
Mushroom, Broccoli, Bell
Pepper, Seasonings (Incl.
Garlic, Ketchup, Soy Sauce,
Mayo)

SIDE サイド (COOKED)



かぼちゃのポタージュ PUMPKIN POTAGE

Pumpkin, Onion, Butter,
Stock, Milk, Cream



炒り豆腐 SCRAMBLED TOFU

Tofu, Carrot, Bean,
Burdock, Fungus Mushroom,
Egg, Stock, Soy Sauce

RICE/NOODLE ごはん/麺類 (MEAL KIT)



炊飯器パエリア EASY-PEASY PAELLA BY RICE COOKER

Squid, Sausage, Onion, Bell Pepper,
Edamame, Curry Powder, Garlic,
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.