

VanGohan Recipe: Week of 2024-09-09

Beef Stew

Things you need to prepare

- Cooking oil
- 250ml water

Instructions

1. Coat beef with flour, then stir-fry in a pot with cooking oil
2. When beef is browned, add and cook vegetables
3. Add Seasoning③ for a few mins. Add 250ml water and stew it
4. When beef gets soft, add Seasoning④ and cook on low heat for a while until the sauce gets thick
5. Mix butter at the end

Salmon and Takana Rice Flavouring

Things you need to prepare

- Cooked rice

Instructions

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

Stir-Fried Ginger Pork

Things you need to prepare

- Cooking oil

Instructions

1. Stir-fry onion on a pan with cooking oil on medium heat until it's soft
2. Coat pork with flour and cook until lightly cooked
3. Add Seasoning③, then cook on low-medium heat until the sauce is thickened. Arrange it with vegetables on a plate.

PACKAGE OF THE WEEK

- 今週のメニュー -

SEPT 10, 2024

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



豚の生姜焼き GINGER PORK STIR-FRY

Pork, Onion, Cabbage,
Tomato, Seasonings (Soy
Sauce, Ginger, Garlic, Honey)



ビーフシチュー BEEF STEW

Beef, Onion, Carrot, Potato,
Mushroom,
Seasonings (Incl. Garlic,
Butter, Flour, Ketchup, Wine,
Worcestershire Sauce)

SIDE サイド (COOKED)

INGREDIENTS
材料



芽キャベツと アンチョビのロースト ROASTED BRUSSELS SPROUTS & ANCHOVY

Brussels Sprouts, Bell Pepper,
Anchovy, Cheese, Garlic, Stock,
Butter



大根の胡麻煮 SIMMERED DAIKON WITH SESAME SAUCE

Daikon Radish, Sesame,
Stock, Soy Sauce, Deep Fried
Tofu

RICE/NOODLE ごはん/麺類 (MEAL KIT)



高菜と鮭の混ぜご飯 SALMON AND TAKANA RICE FLAVOURING

Salmon, Sesame,
Takana (Pickled Leaf Mustard)
*Please prepare 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 アラスワソ



きゅうりの漬物 PICKLED CUCUMBER

Cucumber, Plum, Soy Sauce,
Sesame, Sesame Oil

※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.