

# VanGohan Recipe: Week of 2025-01-20

## Addictive Chicken

### Things you need to prepare

- Cooking oil

### Instructions

1. Marinate Chicken with Seasoning① for 10 mins
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 Rice-cooker Paella

### 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

## Meat And Potato Gratin

### Things you need to prepare

- Cooking oil
- Salt and Pepper
- Milk

# Instructions

1. Stir fry potatoes and onion in a pan, OR Microwave potatoes in a microwavable bowl covered with wrap for a few mins until they get soft
2. Cook spinach with butter② on medium heat until onion gets soft
3. Add and cook meat well, then add Flour③ and stir. Pour 300ml Milk little by little
4. Add Seasoning④ (and Potatoes at this point if you microwaved them) and stir. Adjust taste with salt and pepper
5. Coat the baking dish with cooking oil, spread the step④ in the dish and put cheese and parsley (optional) on top
6. Heat it either in toaster, microwave, or oven until cheese gets melted

## VanGohan

1 ORDER FOR 2 PEOPLE

### PACKAGE OF THE WEEK

- 今週のメニュー -

JAN 21, 2025

#### MAIN メイン (MEAL KIT)

WHAT WE SEND  
届くもの



#### ポテトグラタン POTATO GRATIN

Potato, Onion, Spinach, Pork,  
Seasonings (Incl. Garlic,  
Butter, Flour)  
No Milk in the package



#### 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)

INGREDIENTS  
材料



HOT

#### かぼちゃのポタージュ PUMPKIN POTAGE

Pumpkin, Onion, Butter,  
Stock, Milk, Cream



HOT

#### 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  
※YOU CAN ORDER RICE/PASTA FOR \$1 PER 2 SERVINGS

#### ON THE HOUSE フラスコン



#### 和風生姜ドレッシング JAPANESE STYLE DRESSING

Ginger, Soy Sauce, Sesame Oil,  
Vinegar

\*Pour it on your favorite vegetables

※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.