

VanGohan Recipe: Week of 2025-08-11

Beef Bowl

Things you need to prepare

- Cooked rice
- Egg yolk / Quail egg (Optional)

Instructions

1. Put onions, seasoning① and beef in a pan and cook on medium heat
2. When boiled, skim the foam from the surface and simmer for about 5 mins with a lid on
3. Add Shiitake, green onion and keep simmer for another 2 mins
4. Serve it with the broth on rice in a bowl and ginger
5. Add an egg yolk / quail egg as you like

Sweet Simmered Chicken

Things you need to prepare

- Cooking oil
- Sesame oil (optional)

Instructions

1. Marinate wings with Seasoning① for 10mins
2. Heat a pan with cooking oil (1 table spoon) on medium heat, then lightly stir-fry green onion for a little. Remove green onion from the pan when the onion smells well *keep the oil!
3. Cook wings from the skin side with a lid on and flip wings when browned
4. Add cooked green onion and Seasoning④, and arrange with vegetables. Pour sesame oil if you prefer at the very end

Tantan Noodle

Things you need to prepare

- Cooking oil
- Soy sauce

Instructions

1. Heat Sauce①
2. 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.)

3. Drain the water and arrange noodles in a bowl with heated sauce and adjust taste with soy sauce as you prefer.

VanGohan

1 ORDER FOR 2 PEOPLE

PACKAGE OF THE WEEK

- 今週のメニュー -

AUG 12, 2025

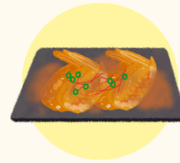
MAIN
メイン
(MEAL KIT)



牛丼
BEEF BOWL

Beef, Onion, Shiitake
Mushroom, Green Onion,
Seasonings (Incl. Soy Sauce,
Ginger, Stock)

*Package doesn't contain rice



甘辛手羽ねぎま
SWEET SIMMERED
CHICKEN

Wings, Green Onion, Bean
Sprout, Seasonings (incl. Soy
Sauce, Sesame Oil, Garlic,
Oyster Sauce, Potato Starch)

SIDE
サイド
(COOKED)



大根きんぴり
DAIKON RADISH
KIMPIRA
(SIMMERED)

Daikon Radish, Carrot,
Sesame, Soy Sauce, Stock,
Sesame Oil



ツナズッキーニ
胡麻和え
TUNA & ZUCCHINI
WITH SESAME
SAUCE

Zucchini, Tuna, Sesame,
Sesame Oil, Soy Sauce,
Bonito Flakes

RICE/NOODLE
ごはん/麺類
(MEAL KIT)



汁なし坦々麺
TANTAN NOODLES

Noodles, Pork, Garlic,
Sesame, Sesame Oil, Green
Onion, Tianmian Sauce, Soy
Sauce

※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・ラーメン類はお
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.