

# VanGohan Recipe: Week of 2024-06-24

## Chicken With Sesame Sauce

### Things you need to prepare

- 4 cups of water (1L)
- Salt

### Instructions

1. Prick the chicken with a fork
2. boil 4 cups of water, chicken, green onion and ginger, and salt (1 teaspoon) in a pot
3. Skim the foam. Stop the heat and cool it down with a lid on. (If you want to cook faster, boil the chicken on high heat and take chicken from the pot after 15 to 20 mins)
4. Take the chicken when the broth in the pot is cool enough to touch, and shred the chicken by hands
5. Add a little of broth to shred chicken and rub it
6. Arrange chicken with tomatoes and lettuce. Pour Seasoning® on top
7. ★ Do not throw the broth away! You can make Chinese style soup
8. Take ginger and green onion from the broth, and add ingredients (egg, onion, seaweed or anything you like) then adjust the taste with salt and soy sauce. Pour Sesami oil at last

## Mapo Daikon & Spinach

### Things you need to prepare

- Cooking oil
- 150ml water
- 30ml water (2 tablespoons)

### Instructions

1. Stir-fry celery and daikon until it's cooked with cooking oil, then add pork and cook on medium heat for a few mins
2. Add Seasoning② when pork is cooked, and pour and boil 150ml water for a few mins
3. Cook spinach for a few mins, then add Seasoning③
4. Mix potato starch and water (30ml) in a cup, stop the heat, pour it in a pan and lightly stir

## Mushroom Pasta Sauce

## Things you need to prepare

- Pasta noodle
- Salt

## Instructions

1. Boil pasta with salt
2. Mix boiled pasta and Sauce in the pan
3. Add the salted water which boiled the pasta to adjust the taste (also recommended if the sauce is too dry)
4. Arrange it with green onion and seaweed



1 ORDER FOR 2 PEOPLE

## PACKAGE OF THE WEEK

- 今週のメニュー -

JUNE 25, 2024

### MAIN

メイン  
(MEAL KIT)

WHAT WE SEND  
届くもの



大根ほうれん草の麻婆煮  
MAPO DAIKON  
& SPINACH

Daikon, Spinach, Pork,  
Celery, Seasonings (Incl.  
Garlic, Ginger, Stock, Soy  
Sauce, Oyster Sauce, Miso,  
Doubanjiang, Sesame Oil)



ごまだれチキン  
CHICKEN WITH  
SESAME SAUCE

Chicken, Tomato, Lettuce,  
Seasonings (incl. Garlic,  
Ginger, Soy sauce, Sesame,  
Doubanjiang, Vinegar)

### SIDE

サイド  
(COOKED)

INGREDIENTS  
材料



COLD

大根のマヨポン酢サラダ  
DAIKON MAYO  
PONZU SALAD

Daikon, Tuna, Arugula,  
Mayo, Ponzu, Stock,  
Soy sauce, Sesame



HOT

いんげんと里芋の  
味噌マヨ  
TARO & GREEN BEAN  
IN MISO  
MAYO SAUCE

Taro, Green Bean, Miso,  
Mayo, Milk, Sesame

RICE/NOODLE ごはん/麺類  
(MEAL KIT)



きのこの和風パスタ  
MUSHROOM PASTA SAUCE

Mushroom, Asparagus, Bacon, Stock,  
Soy Sauce, Butter, Nori Seaweed,  
Green Onion

No Pasta noodles 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



とうもろこしの漬物  
CORN PICKLES

Corn, Vinegar, Garlic,  
Bay Leaf

※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.