

VanGohan Recipe: Week of 2024-04-08

Braised Chicken & Egg

Things you need to prepare

- Water

Instructions

1. Put chicken in a pot and pour just enough water to cover the chicken and boil
2. Drain water once chicken is cooked, add 300ml (1.5cups) of water in a pot, then cook on medium heat
3. Add peeled eggs and Seasoning③ when water is boiled, drop a piece of aluminum foil to cover the entire surface then stew for 15mins. Add Bok-Choy and cook for another 3mins
4. We recommend to let it cool once (not more than 2 hours) to let the flavour soak into the dish well.

Negitoro Bowl

Things you need to prepare

- Cooked rice

Instructions

1. Put tuna on cooked rice
2. Pour sauce and seaweed on top. Add soy sauce as you prefer.

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 -

APRIL 9, 2024

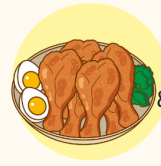
MAIN メイン (MEAL KIT)

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)

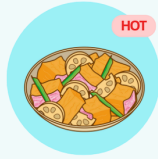


チキンと ゆで卵の甘辛煮 BRAISED CHICKEN & EGG WITH SWEET SALTY SAUCE

Chicken, Egg, Choy, Seasonings
(Incl. Soy Sauce, Vinegar)

SIDE サイド (COOKED)

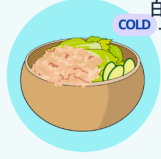
INGREDIENTS
材料



HOT

根菜ハニーマスタード ROOT VEGETABLE HONEY MUSTARD

Root Vegetable, Onion,
Pork, Mustard, Honey,
Olive Oil, Parsley



COLD

白菜とツパのおかかポン酢 TUNA & CHOY SALAD WITH PONZU AND BONITO FLAKES

Tuna, Choy, Ponzu, Bonito
Flakes, Stock, Sesame Oil,
Soy Sauce, Sesame

RICE/NOODLE ごはん/麺類 (MEAL KIT)



ネギトロ丼 NEGITORO BOWL

Tuna, Green Onion, Nori Seaweed,
Sauce (Incl. Soy Sauce)

*Please prepare your own 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 プラスワン



なすの漬物 PICKLED EGGPLANT

Egg plant, Chili
Pepper, Kelp, Rice
Vinegar

※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.