

# VanGohan Recipe: Week of 2025-12-08

## Asparagus and Bacon's Soy Saucy Pasta

### Things you need to prepare

- Salt

### Instructions

1. Boil pasta with salt (keep some boiled water when drain)
2. Heat the sauce, add some pasta boiled water and toss well with pasta
3. Adjust taste with soy sauce/ salt and/or
4. extra butter if you want!

## Chinese Style Stir-fried Beef And Egg

### Things you need to prepare

- Cooking oil
- 2 Eggs (you can add more eggs)

### Instructions

1. Marinate Beef with Seasoning① for 3mins and coat it with Potato starch
2. Heat a pan with oil and cook beaten eggs on medium heat and take it out from the pan half way through
3. Clean the pan and heat it with oil then stir-fry Beef on medium heat until the colour changes
4. Add Vegetables in a pan and lightly stir-fry
5. Add eggs from earlier and Seasoning⑤, mix them all together then arrange it on a plate

## Roasted Chicken

### Things you need to prepare

- Cooking oil
- 2 tablespoon water (30ml)

### Instructions

1. Put chicken and vegetables① with 2 table spoon of cooking oil on a pan, then cook on lower medium heat for 10-12mins
2. Shake the pan sometimes, and flip chicken when the other side is cooked, also flip vegetables and remove them when it's cooked
3. Use the same pan to stir-fry onion③, then add Seasoning③ and 2 tablespoon water (30ml) and simmer them until the sauce gets thicker
4. Cut the chicken into bite size and plate them with the vegetables then pour the sauce on it
5. Please make sure chicken is fully cooked

## PACKAGE OF THE WEEK

-今週のメニュー-

DECEMBER 9, 2025

MAIN  
メイン  
(MEAL KIT)



牛肉と卵の中華風炒め  
CHINESE STYLE  
STIR-FRIED  
BEEF AND EGG

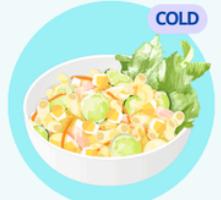
Beef, Yu-Choy, Carrot,  
Seasonings (incl. Soy Sauce,  
Oyster Sauce, Ginger, Potato  
Starch)

ローストチキン  
ROASTED CHICKEN

Chicken, Onion, Bell Pepper,  
Pea, Seasonings  
(incl. Soy Sauce)

※Actual product comes  
with boneless chicken

SIDE  
サイド  
(COOKED)



マカロニサラダ  
MACARONI SALAD

Edamame, Tuna, Carrot,  
Corn, Macaroni, Cheese,  
Mayo



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)



アスパラベーコン  
パスタソース  
JAPANESE STYLE  
BACON ASPARAGUS  
PASTA SAUCE

Asparagus, Bacon, Butter, Soy  
Sauce

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。  
うどん・そば・ラーメン麺は  
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.