

# VanGohan Recipe: Week of 2024-09-16

## Eggplant All'arrabbiata

### Things you need to prepare

- Pasta Noodles
- Salt

### Instructions

1. Boil pasta with salt.
2. Toss the pasta well with heated pasta sauce

## Meat & Potato Stew

### Things you need to prepare

- Cooking oil
- 200ml water

### Instructions

1. Stir-fry beef with cooking oil on high heat and add vegetables when beef is cooked
2. Pour 200ml water, add Seasoning② and cook until it's boiled (skim off the scum time to time)
3. Drop a piece of aluminum foil to cover it entirely and stew on medium heat for 10 mins
4. Keep stewing it on low to medium heat for 10 mins (stir lightly sometimes)
5. When potato is cooked, it's ready!

## Stir Fry Pork with Basil

### Things you need to prepare

- Cooked rice

### Instructions

1. Cook Seasoning① at medium heat
2. Cook onion and bell pepper when you can smell the garlic.
3. Add ground pork, and stir-fry until it's cooked
4. Add Seasoning④ and shred basil and stir-fry lightly
5. Make a sunny side up egg and put it on top (optional)
6. Put it on/by rice on a place

## PACKAGE OF THE WEEK

- 今週のメニュー -

SEPT 17, 2024

### MAIN メイン (MEAL KIT)

WHAT WE SEND  
届くもの



### ガパオライス STIR FRY PORK WITH BASIL

Ground pork, Onion, Bell  
Pepper, Basil, Seasonings  
(Incl. Garlic, Nampula, Soy  
Sauce, Chili Bean Paste, Oyster  
Sauce, Sesame, Sesame Oil)  
Please prepare rice



### 肉じゃが MEAT & POTATO STEW

Potato, Onion, Carrot, Pork,  
Seasonings (incl. Soy sauce,  
Stock)

### 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,  
Bacon, Mustard, Honey,  
Olive Oil, Parsley



COLD

### ブロッコリーの おかか胡麻あえ BROCCOLI WITH SESAMI & BONITO

Broccoli, Sesami, Soy Sauce,  
Bonito Flake

### RICE/NOODLE ごはん/麺類 (MEAL KIT)



### ナスのアラビアータソース EGGPLANT ALL'ARRABBIATA SAUCE

Eggplant, Bacon, Tomato,  
Stock, Garlic, Pepper  
Please prepare pasta noodles

※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 アラスワン



### 大根醤油漬け PICKLED DAIKON WITH SOY SAUCE

Daikon, Soy Sauce,  
Vinegar, Red Pepper

※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.