

VanGohan Recipe: Week of 2024-09-30

Chicken And Egg Bowl

Things you need to prepare

- Cooked rice
- 50ml water
- 2~4pcs of Egg (you can add more eggs)

Instructions

1. Put Seasoning① and 50ml of water in a pot and bring to a boil, add chicken then cook it for 3-4mins on medium heat (skim the foam from the surface)
2. Add vegetables and keep simmered for another 2 mins
3. Make beaten eggs in a small bowl and add it in the pot, cook the eggs as you like
4. Serve it with the broth on rice in a bowl and garnish with some watercress
5. Please make sure chicken is cooked well

Spaghetti Napolitana

Things you need to prepare

- Pasta Noodles
- Salt

Instructions

1. Boil pasta with salt
2. Toss the pasta well with heated pasta sauce
3. Adjust the taste with ketchup as preferred

Steamed Pork & Veggies

Things you need to prepare

- Salt

Instructions

1. Put pork on a pan and pour Seasoning① on top
2. Add Vegetable② on pork and a little bit of salt
3. Cook it on medium heat with a lid on
4. When it's started boiling, cook another 5 mins on lower heat
5. Drain water, then mix with Seasoning⑤ and arrange it in a bowl

PACKAGE OF THE WEEK

- 今週のメニュー -

OCTOBER 1, 2024

MAIN メイン (MEAL KIT)

WHAT WE SEND
届くもの



親子丼 OYAKODON (CHICKEN & EGG RICE BOWL)

Chicken, Onion, Mushroom,
Seasonings (Incl. Soy Sauce,
Stock)

*No rice included



豚 & たっぷり 蒸し野菜 STEAMED PORK & VEGGIES

Pork, Lettuce, Onion,
Broccoli, Seasonings (Incl. Soy
Sauce, Sesame, Sesame Oil,
Garlic)

SIDE サイド (COOKED)

INGREDIENTS
材料



HOT

カリフラワーの煮物 SIMMERED CAULIFLOWERS

Cauliflower, Stock, Soy
Sauce, Bonito Flakes



COLD

白和え SPINACH WITH MASHED TOFU

Spinach, Tofu, Carrot,
Sesame, Soy Sauce, Stock

RICE/NOODLE ごはん/麺類 (MEAL KIT)



ナポリタンソース SPAGHETTI NAPOLITANA

Bacon, Onion, Bell pepper,
Garlic, Ketchup

*No pasta/noodles included

※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



オニオンドレッシング ONION DRESSING

Onion, Soy Sauce, Lemon,
Olive Oil

*Pour dressing on your
favorite vegetables

※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.