

# VanGohan Recipe: Week of 2025-10-27

## Fluffy Chicken meatball

### Things you need to prepare

- Cooking oil
- Salt & pepper

### Instructions

1. Mix chicken, onion, Salt & pepper, and Seasoning① well until it gets sticky
2. Form it to bite-size meatballs
3. Stir-fry meatballs and vegetables on a pan with cooking oil on medium heat
4. When they are all browned, take vegetables out and put a lid on the pan and cook another 2 mins on lower heat
5. Add Seasoning⑤ and coat it around meat then arrange them on a plate with mixed green

## Japanese Style Bulgogi

### Things you need to prepare

- Cooking oil

### Instructions

1. Put meat, vegetables and Seasoning① in a bowl, then mix well
2. Heat a pan with cooking oil on medium heat for a few mins and cook until vegetables are well cooked

### Tips

- ★It tastes better if you marinate meat and vegetables with Seasoning① for 10-20mins

## 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

## PACKAGE OF THE WEEK

- 今週のメニュー -

OCTOBER 28, 2025

### MAIN メイン (MEAL KIT)



#### ふわふわ鶏つくね FLUFFY CHICKEN MEATBALL

Chicken, Asparagus, (Incl.  
Soy Sauce, Ginger, Garlic,  
Potato Starch)  
**Please prepare an egg**



#### 和風プルコギ JAPANESE STYLE BULGOGI

Beef, Onion, Carrot, Chive,  
Shimeji Mushroom,  
Seasonings (incl. Garlic,  
Ginger, Soy sauce, Honey,  
Gochujang)

### SIDE サイド (COOKED)



#### 大根そぼろあんかけ DAIKON & PORK WITH STARCHY SAUCE

Daikon Radish, Ground Pork,  
Seasonings (incl. Ginger, Soy  
sauce, Oyster Sauce)



#### 焼きナストマトのマリネ MARINATED EGGPLANT AND TOMATO

Tomato, Eggplant, Lemon,  
Olive Oil, Soy Sauce,  
Vinegar

### 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。  
うどん・そば・ラーメン類はお  
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.