

VanGohan Recipe: Week of 2026-02-16

Creamy Salmon Pasta Sauce

Things you need to prepare

- Pasta Noodles
- Salt
- Water

Instructions

1. Boil pasta with salt.
2. Toss the pasta well with heated pasta sauce
3. Please adjust the thickness with water that boiled pasta or milk, add salt and pepper if you want
4. 160g to 200g pasta before boiled are for 2 people

Hokkaido Style Fried Chicken

Things you need to prepare

- Cooking oil

Instructions

1. Marinate chicken with Seasoning① and leave it in a refrigerator for 20-30 mins
2. Add potato starch to marinated chicken
3. Heat a pan with 1cm cooking oil, stir-fry both side for 3-5 mins each on medium heat
4. Cook both side for another min each on high heat to make it crispy
5. Arrange chicken with vegetables and lemon on a plate
6. Please make sure chicken is cooked well

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!

PACKAGE OF THE WEEK

- 今週のメニュー -

FEB 17, 2026

MAIN メイン (READY-TO- COOK)



肉じゃが MEAT & POTATO STEW

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



北海道ザンギ HOKKAIDO STYLE FRIED CHICKEN

Chicken, Lemon, Lettuce,
Seasonings
(incl. Soy Sauce, Garlic,
Oyster Sauce, Potato
Starch)

SIDE サイド (READY-TO- EAT)



豆腐チャップルー STIR-FRY VEGETABLES WITH TOFU

Bell Pepper, Tofu, Spam,
Soy Sauce



茄子のピリ辛煮 SIMMERED EGGPLANT WITH CHILI PEPPER

Eggplant, Garlic, Sesame
Oil, Soy Sauce, Pepper,
Stock

RICE/NOODLE ごはん/麺類 (READY-TO- COOK)



サーモンの クリームパスタソース CREAMY SALMON PASTA SAUCE

Salmon, Spinach, Mushroom, Milk,
Stock

*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・ラーメン類は
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.