

# VanGohan Recipe: Week of 2024-05-06

## Sweet Sour Chicken

### Things you need to prepare

- Cooking oil
- Salt & pepper
- 2 table spoon water

### Instructions

1. Salt and pepper on chicken and coat chicken with potato starch<sup>①</sup>
2. Fry chicken with cooking oil on medium heat
3. Cook vegetables
4. When vegetables are cooked, add 2 table spoon water Seasoning<sup>④</sup>

## Sweet Soy Sauce Meatballs & Choy

### Things you need to prepare

- Water 50ml, 15ml
- Cooking oil
- Sesame oil (optional)

### Instructions

1. Mix ground pork and Seasoning<sup>①</sup> then form into bite-sized meatballs
2. Cook the meatballs on medium heat with cooking oil, remove them from the pan once they are well cooked
3. Stir-fry white part of bok choy and carrot for 3-5 mins
4. Put the meatballs back, and add 50ml water then cook them until water is boiled
5. Add Seasoning<sup>⑤</sup>, and cook with a lid on for 3 mins on low heat
6. Add and cook leaves of bok choy (in Package<sup>③</sup>) for another min
7. Mix 15ml (1 tablespoon) water in Potato Starch<sup>⑦</sup> cup and pour it in.  
When it gets thick, add sesami oil at the end if you prefer!

## UME Becon Pasta (Sour Plum)

### Things you need to prepare

- Salt
- Pasta

### Instructions

1. Boil pasta with salt

2. Cook garlic and bacon on a pan on medium heat
3. Add boiled pasta when bacon is cooked
4. Add Seasoning④ and cook lightly, then stop the heat, mix arugula



1 ORDER FOR 2 PEOPLE

## PACKAGE OF THE WEEK

- 今週のメニュー -

MAY 7, 2024

### MAIN メイン (MEAL KIT)

WHAT WE SEND  
届くもの



#### 鶏の甘酢炒め SWEET SOUR CHICKEN

Chicken, Shimeji,  
Bell Pepper, Onion, Sweet  
Potato, Garlic, Seasonings  
(incl. Soy Sauce, Vinegar,  
Potato Starch)

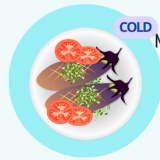


#### 肉団子と青梗菜の照り煮 SWEET SOY SAUCY MEATBALLS & CHOY

Ground Pork, Bok Choy,  
Carrot, Seasonings (Inc.  
Green Onion, Soy Sauce,  
Potato Starch, Stock,  
Sesame Oil, Ginger)

### SIDE サイド (COOKED)

INGREDIENTS  
材料



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

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



#### HOT ごろっと玉ねぎ BRAISED ONION

Onion, Bacon, Stock,  
Olive Oil

### RICE/NOODLE ごはん/麺類 (MEAL KIT)



#### 梅肉ベーコンパスタ UME BECON PASTA

Arugula, Spinach, Bacon,  
Ume, Garlic, Stock  
Please prepare your own  
pasta

※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



#### たくあんアボカドユッケ PICKLED DAIKON & AVOCADO YUKHOE

Avocado, Onion, Pickled Daikon,  
Soy Sauce, Sesame Oil, Garlic,  
Sesame, Gochujang

※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.