

## VanGohan Recipe: Week of 2024-07-22

### Okra And Grated Yam Bowl

#### Things you need to prepare

- Cooked rice (2 cups)

#### Instructions

1. Mix Sauce well and pour on rice
2. Add green onion and seaweed on top
3. You can add Soy sauce Natto or an egg yolk/ poached egg as you like!

### Simmered Chicken With Broccolis & Eggs

#### Things you need to prepare

- 3 cups of water

#### Instructions

1. Put chicken and 3 cups water in a pot, then cook on medium heat
2. Skim off the scum and stew for 10 mins, then drain hot water.
3. Add eggs, vegetables and Seasoning③, and drop a piece of aluminum foil to cover it entirely. Stew for 10-15 mins.
4. We recommend to let it cool once (not more than 2 hours) to let the flavour soak into the dish well (Re-heat well right before you eat)
5. Chicken would taste better if you boil them for 5 mins beforehand.

### Twice-cooked Pork

#### Things you need to prepare

- Cooking oil

#### Instructions

1. Heat Seasoning① on a pan on low heat until it smells well (add more cooking oil if needed)
2. Cook pork on medium heat until it's cooked, then add cabbage and bell pepper on high heat
3. Mix Seasoning③ when vegetables are cooked

# PACKAGE OF THE WEEK

- 今週のメニュー -

JULY 23, 2024

## MAIN メイン (MEAL KIT)

WHAT WE SEND  
届くもの



鶏肉のさっぱり煮  
SIMMERED  
CHICKEN WITH  
BROCCOLI AND  
EGGS

Chicken, Egg, Broccoli,  
Seasonings (incl. Soy Sauce,  
Vinegar)



キャベツと  
豚肉の味噌炒め  
TWICE-COOKED  
PORK

Pork, Cabbage, Bell Pepper,  
Green Onion, Seasonings (incl.  
Tianmian, Soy Sauce, Ginger  
Doubanjiang, Sesami Oil)

## SIDE サイド (COOKED)

INGREDIENTS  
材料



HOT

ズッキーニとかぼち  
ゃのグラタン  
ZUCCHINI AND  
PUMPKIN GRATIN

Zucchini, Pumpkin,  
Cheese, Wine, Olive Oil



COLD

春雨サラダ  
VERMICELLI  
SALAD

Vermicelli, Carrot, Spinach,  
Bean Sprout, Stock, Soy  
Sauce, Vinegar, Sesame Oil

## RICE/NOODLE ごはん/麺類 (MEAL KIT)



ねばねば丼  
OKRA & GRATED  
YAM BOWL

Okra, Yam, Daikon Pickles,  
Green Onion, Seasonings  
(incl. Stock, Soy Sauce)

\*Please prepare rice

※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 アラスタフ



コブドレッシング  
COBB DRESSING

Mayo, Ketchup, Lemon, Yogurt,  
Garlic, Egg

\*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.