

# Recipe



## WRITE & RECORD A RECIPE!!

### Simple steps:

1- WRITE THE **NAME** OF YOUR RECIPE

### 2- INGREDIENTS



- Use measures (medidas): grams (g), millilitres (ml), cups, pinch, tablespoons (big), teaspoons (small)...



- Write how many people can eat.



### 3- PREPARATION

- Write the total TIME of preparation.
- Use: first, second, third, fourth, fifth, next, finally...
- Use vocabulary from next page: slice, stir, mix, add...
- TIPS? (*truquillos?*)

**4- You can choose:** prepare a SALTY RECIPE like Jon's recipe or prepare a SWEET RECIPE like Alba's recipe.

You can cook the same recipes or prepare your own following these steps.



## VOCABULARY YOU NEED TO KNOW



SLICE



HEAT



COOK



ADD



BOIL



STIR



MIX



EMPTY / POUR



MASH



OVEN



POT



PAN



SINK



# JON'S Recipe



## PASTA WITH CHICKEN AND VEGETABLES

### INGREDIENTS



2 gloves of  
GARLIC



2 ONIONS



GREEN AND  
RED PEPPERS



CHICKEN



25 g. of PASTA



a pinch of  
SALT & PEPPER



A bit of  
OLIVE OIL

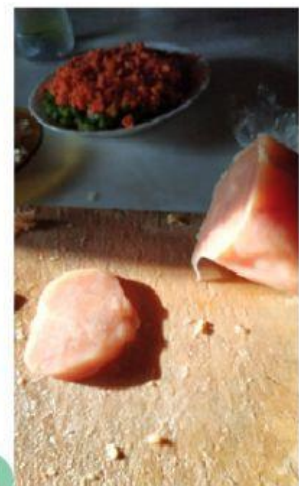
### PREPARATION

Ingredients for 2 people  
Preparation Time: 45 minutes

First, **slice** vegetables into  
small pieces.



Second, **slice** chicken into  
small pieces.



Third, **heat** water in a pot until it boils.

**Add** olive oil and salt if you like.



Fourth, **cook** the vegetables and chicken in a pan.



Fifth, **add** spaghetti to the pot of **boiling water**.



Once the spaghetti noodles are soft, they are done cooking. **Empty** the water into the kitchen sink.



**Next**, when the vegetables and chicken are completely cooked, empty the pan into the pot of spaghetti. **Stir** and **mix** the ingredients in the pot and **add** tomato sauce.



**ENJOY!**





# Alba's Recipe



## BANANA BREAD

### INGREDIENTS

#### DRY INDREDIENTS



200 g of FLOUR



1 little spoon of  
YEAST



a pinch of SALT  
and  
CINNAMON

#### LIQUID or WET INDREDIENTS



3 RIPE bananas  
(quite brown and  
smooth bananas)



8 DATES, no  
seeds



140 ml of MILK



50 ml of OLIVE  
OIL

### PREPARATION

Ingredients for 6 people

Preparation Time: 45 minutes

OVEN: Preheat the oven 10 minutes-180°

First, dry ingredients. Pour the FLOUR, the pinch of CINNAMON and the tsp (teaspoon) of the YEAST (or baking soda)



1

Second, mix everything.



2

Third, **mash** the 3 bananas with a fork.



Next, **add** the liquid/wet ingredients to the mashed bananas: 8 dates without seeds, milk and oil.



Fifth, **mix** the liquid/wet ingredients (very good)



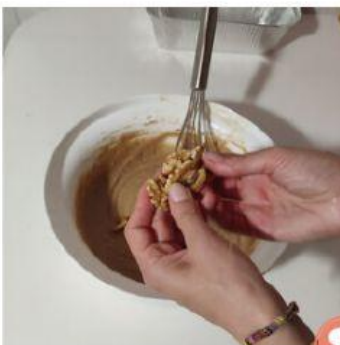
Next, **add** the DRY INGREDIENTS in the DOUGH...



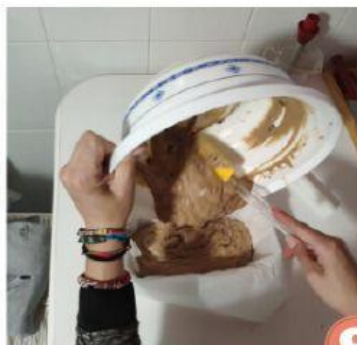
... and **mix** very well!



You can add some walnuts and chocolate chips (not obligatory).



Then, put your banana bread dough in a mould.



Finally, put it inside the oven at 180° about 30-35 minutes.







# 'S Recipe

## RECIPE:

### INGREDIENTS

### PREPARATION

Ingredients for \_\_\_\_\_ people  
Preparation Time: \_\_\_\_\_ minutes

First,

Second,

1

2

Next, \_\_\_\_\_

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