Vegetable Stir-Fry

Culinary 1 · Unit 5 · Level 1 picture recipe card



Name: _____

🧺 Get your food. Check ☐ each one.

- ☐ 🌱 **3** celery stalks
- ☐ 🥦 **½ head** cauliflower
- ☐ 🥦 **½ bunch** broccoli
- ☐ 🍄 **¼ lb** mushrooms
- ☐ 🥕 **2** carrots
- ☐ 🛢️ **1 Tbsp** oil
- ☐ 🌽 **1 Tbsp** cornstarch
- ☐ 💧 **3 Tbsp** cold water
- ☐ 🧂 **¼ tsp** salt
- ☐ 🫙 **1 Tbsp** soy sauce
- ☐ 🍚 rice

🧰 Get your tools.

- ☐ 🟩 cutting board
- ☐ ⚙️ food processor
- ☐ 🍳 wok + lid
- ☐ 🥄 spatula

📸 Take a photo ☐ ⭐ How did I do? Circle one.

😀 🙂 😕

👩‍🍳 Do one box at a time. Check ☐ it.

1.  **Wash** hands. ☐
2.  **Wash** the vegetables. ☐
3.  **Adult** slices in the food processor. ☐
4.  Break **broccoli** into little trees. ☐
5.  Sauce: **cornstarch + water + salt + soy**. ☐
6.  **Oil** in the hot wok. ☐
7.  Hard veggies first. **Stir fast**! ☐
8.  Add the rest. **Stir**. ☐
9.  **Lid** on. Heat down. ☐
10.  Add the **sauce**. Boil. ☐
11.  Serve on **rice**. ☐
12.  **Clean** up. ☐