Culinary 1 · Unit 5 Lab · Level 2

Veggie Fajitas Lab



TODAY'S PLAN

- 👥 Jobs
- ⚠️ Safety
- 👩‍🍳 Steps
- ✅ Check
- 🧽 Clean up + reflect

Get ready

Lab Jobs



Head Chef

Reads each step out loud. Checks the card.



Measurer

Gets and measures each ingredient.



Mixer / Cook

Mixes, cooks, and watches the timer.



Clean-Up Captain

Washes, dries, and wipes as we go.

Safety

Be Safe



🐾 Claw grip for every cut.

🫒 Hot oil can pop. Add veggies \1, away from you.

🔥 Pan handle turned in. Never leave the stove.

🧤 Use dry oven mitts. The pan and oven racks are hot.

👩‍🍳 Lab

Steps 1 of 2



1. 🔥 Oven to \1. Wrap tortillas in foil. Warm \1.
2. 🫑 \1 (thin strips) the peppers and onion.
3. 🧄 \1 the garlic.
4. 🍳 Heat the oil in the skillet on \1.

👩‍🍳 Lab

Steps 2 of 2



1. 🌶️ Add peppers, onion, chili powder, cumin, paprika, salt. \1.
2. ⏲️ Cook about \1, until the veggies start to get soft.
3. 🧄 Add the garlic. Cook \1.
4. 🌮 Fill the warm tortillas. Add toppings. Photo!

🎬 Video

Dicing an Onion (Gordon Ramsay)

Scan to watch

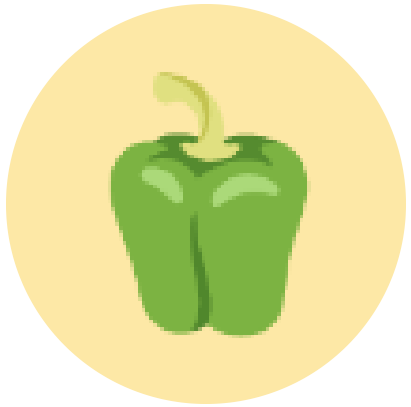
👀 Watch for: the claw hand

💬 Captions on

▶️ YouTube

https://www.youtube.com/watch?v=dCGS067s0zo

🃏 Check 1 of 3



What is julienne?

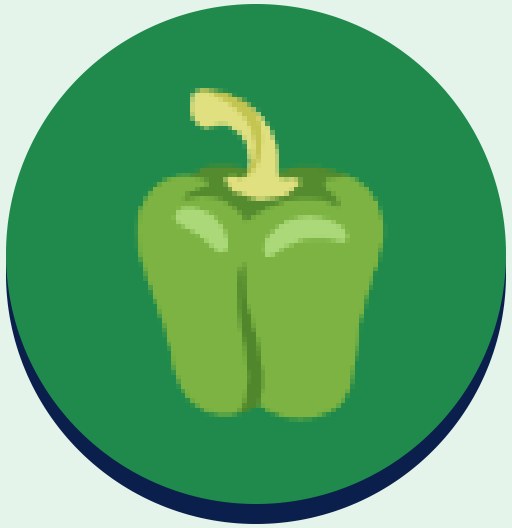
Hold up 1, 2, or 3:

1️⃣ Thin matchstick strips

2️⃣ Tiny cubes

3️⃣ Big chunks

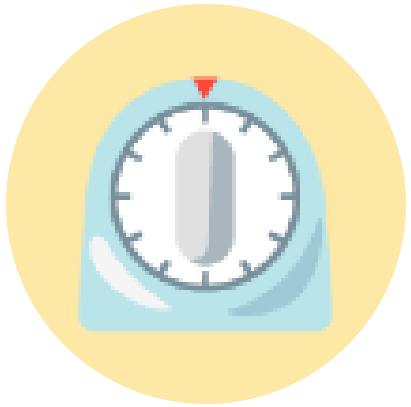
✅ Answer · Card 1 of 3



Thin matchstick strips

Julienne = thin strips.

🃏 Check 2 of 3



How do you know the veggies are ready?

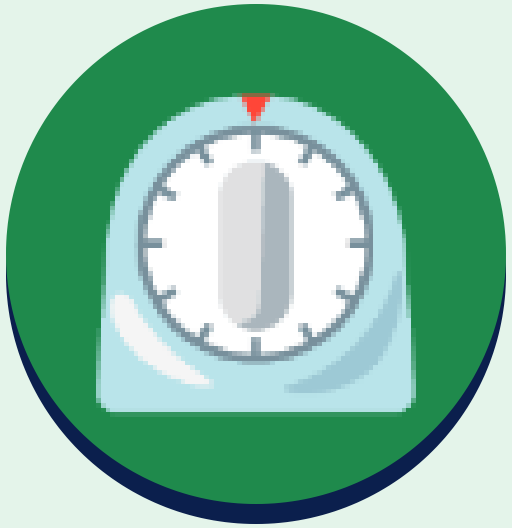
Hold up 1, 2, or 3:

1️⃣ They turn black

2️⃣ After 1 minute

3️⃣ They start to get soft

✅ Answer · Card 2 of 3



They start to get soft

About 5 minutes, then add garlic.

🃏 Check 3 of 3



How do you warm the tortillas?

Hold up 1, 2, or 3:

1️⃣ In the sink

2️⃣ Wrap in foil, 350°F oven

3️⃣ In the freezer

✅ Answer · Card 3 of 3



Wrap in foil, 350°F oven

Foil in the oven, 15–20 minutes.

Wrap-Up

Clean Up + Reflect



- 🧽 Wash, dry, and put away every tool
- 🧻 Wipe counters, sink, and stove
- 📸 Take your 5 lab photos
- 📝 Fill in the lab reflection