🌮 Veggie Fajitas Lab · Lab Prep Sheet

Culinary 1 · Unit 5 · Level 2 · after the Soup & Biscuits Lab



Name: _____ Date: _____ Period: _____

👥 Job roles: circle your job. Initial when it is done.

Job	What you do	Done ✔️
👨‍🍳 **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.	

🧰 Equipment: check when it is on your counter

- ☐ 🔪 **Chef's knife** Julienne the peppers and onion.
- ☐ 🟩 **Cutting board + wet towel** Keeps the board still.
- ☐ 🍳 **Large skillet** Cook the veggies.
- ☐ 🥄 **Spatula / wooden spoon** Stir so nothing burns.
- ☐ 🪙 **Foil** Wrap the tortillas to warm.
- ☐ 🥄 **Measuring spoons** Measure the spices.

🧺 Ingredients (amounts are on the recipe card)

- ☐ 🫑 sweet peppers (any color)
- ☐ 🧅 red or white onion
- ☐ 🧄 garlic
- ☐ 🫒 olive oil
- ☐ 🌶️ chili powder
- ☐ 🟤 cumin
- ☐ 🔴 smoked paprika
- ☐ 🧂 salt
- ☐ 🫓 flour tortilla
- ☐ 🧀 cheese
- ☐ 🥛 sour cream
- ☐ 🍋 lime wedges
- ☐ 🌿 cilantro
- ☐ 🍅 salsa

⚠️ Safety focus for this lab

🐾 Claw grip for every cut.

🫒 Hot oil can pop. Add veggies **gently**, away from you.

🔥 Pan handle turned in. Never leave the stove.

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

🧼 Before you start

☐ 🧼 Wash hands for 20 seconds ☐ 🥼 Apron on ☐ 👱 Hair back ☐ 📵 Phone put away