🥗 Quinoa Salad Lab · Lab Prep Sheet

Culinary 1 · Unit 8 · Level 2 · after the Fried Rice 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

- ☐ 🍲 **Saucepan + lid** Cook the quinoa.
- ☐ 🥣 **Strainer** Rinse quinoa and drain chickpeas.
- ☐ 🔪 **Knife + board** Dice cucumber and peppers.
- ☐ 🥗 **Serving bowl** Toss the salad.
- ☐ 🌀 **Small bowl + whisk** Whisk the dressing.

🧺 Ingredients (amounts are on the recipe card)

- ☐ 🌾 cooked quinoa
- ☐ 🫘 canned chickpeas
- ☐ 🥒 cucumber
- ☐ 🫑 red bell pepper
- ☐ 🫑 yellow bell pepper
- ☐ 🌿 flat parsley
- ☐ 🫒 olive oil
- ☐ 🍋 lemon juice
- ☐ 🍷 red vinegar
- ☐ 🧂 salt
- ☐ ⚫ pepper

⚠️ Safety focus for this lab

🐾 Use the **claw** grip. Walk with the knife point down.

🔥 Pan handles turned **in**. Stay by the stove.

🧼 Before you start

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