

Unit Quiz 2B

- John: Hi Heather. I haven't seen you for a while. What are you doing at the mall this afternoon?
- Heather: Hi John. Great to see you! I'm just shopping for food. Gina is coming for dinner tomorrow evening.
- John: Great. What are you going to cook? Hey, I've bought some very good quality beef from the market. If you get some meat, you might be able to barbecue it.
- Heather: That would be great, but I can't do that because Gina doesn't eat meat anymore.
- John: Really? I love meat! I guess I'm old-fashioned. Does she eat fish?
- Heather: Yes, she does.
- John: OK. Well if you have a wok, you can make some delicious stir fry for her.
- Heather: Fried food?
- John: No, not fried. Stir fried. You take a wok pan and then chop up all the ingredients and stir them together. That's why it's called stir fry. You do use a little oil, but not much.
- Heather: OK.. maybe... If you tell me how to make it, I'll tell you if it was good!
- John: So, you need to chop up vegetables like when you make a salad. I use cabbage and spring onions, then I add some garlic and ginger to make it extra tasty. After you put all the ingredients in the wok with a little oil, you fry it for a few minutes. If you like it spicy, add some more garlic and red pepper.
- Heather: OK. I should write this down before I forget it.
- John: I can email you the recipe.
- Heather: That would be great. Is there anything else?
- John: Yes, as soon as it starts to turn brown, you add some shrimp and tuna. Just chop up the fish and stir it in. Once the flavors start to mix together, you'll get to taste John's Awesome Stir Fry!