

Nadiya's five-minute crispy egg rolls

What do you cook when you want a really fast lunch? Why not try making these delicious crispy egg rolls?

Before reading

Do the preparation task first. Then watch the video and do the exercises.

Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

Vocabulary

1. to be flat out
2. to cover all the bases
3. a texture
4. a godsend
5. to rustle something up
6. to season
7. to pack a punch
8. a production line

Definition

- a. how something feels in your mouth when you eat it (hard, soft, smooth, etc.)
- b. a series of machines and workers that make something
- c. to work or go at the maximum speed or level possible
- d. something good that happens unexpectedly, especially when you need it
- e. to do everything necessary to make sure that something is successful
- f. to make something quickly, usually a meal from the food that is available
- g. to add salt, pepper or other spices to food to improve the flavour
- h. to have a big effect

Tasks

Task 1

Put the recipe in the correct order.

- _____ Fry it for 30 seconds and then turn it over.
- _____ Start to cook the eggs and add the mushrooms and some olives.
- _____ Spread some tomato paste on a tortilla wrap.
- _____ Add some dried parsley, garlic granules, salt and pepper.
- _____ Fry the other side and, finally, roll the tortilla.
- _____ Put the tortilla wrap on top of the omelette.
- _____ Chop some mushrooms.
- _____ Beat three eggs.

Task 2

Complete the sentences.

crispy egg roll	eggs	garlic	herbs	mushrooms
olives	omelette	onions	sandwich	tomato paste

1. According to Nadiya, are the fastest and most flexible ingredient.
2. She likes the meaty texture and deep flavour of
3. She says that the crispy egg rolls are more exciting than a
4. The rolls are like an wrapped in a tortilla.
5. Nadiya thinks that dried work as well as fresh ones.
6. When she feels too lazy to chop fresh, she uses granules.
7. Nadiya uses sun-dried because it's sweeter.
8. Black give the dish a salty flavour.
9. Nadiya thinks you will want to make more than one
10. You could use different ingredients, like tomatoes,, cheese or ham.

Discussion

Have you got a favourite quick recipe?

Answers

Preparation task

1. c
2. e
3. a
4. d
5. f
6. g
7. h
8. b

Task 1

- 7 Fry it for 30 seconds and then turn it over.
- 5 Start to cook the eggs and add the mushrooms and some olives.
- 4 Spread some tomato paste on a tortilla wrap.
- 2 Add some dried parsley, garlic granules, salt and pepper.
- 8 Fry the other side and, finally, roll the tortilla.
- 6 Put the tortilla wrap on top of the omelette.
- 3 Chop some mushrooms.
- 1 Beat three eggs.

Task 2

1. eggs
2. mushrooms
3. sandwich
4. omelette
5. herbs
6. garlic
7. tomato paste
8. olives
9. crispy egg roll
10. onions