

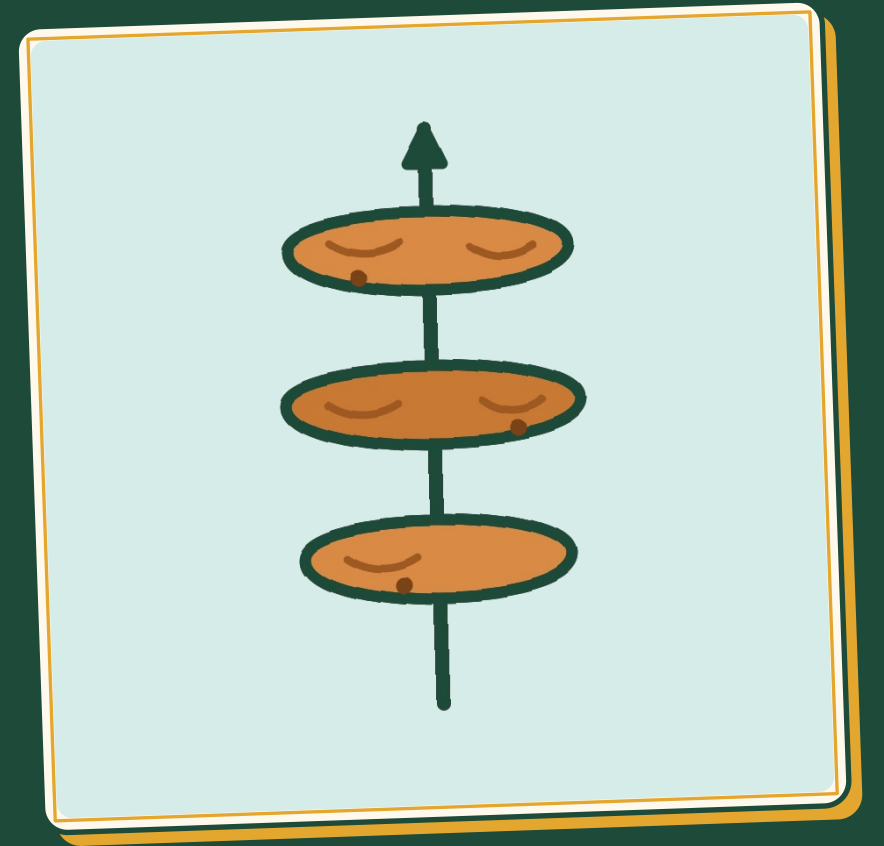
RECIPE BREAKDOWN · SESSION 3

Jerk Chicken **Satay**

and Chocolate Avocado Mousse

Two dishes, one lesson: when you build it, you can see every gram that went in.

Scratch Nutrition Lab × Evans High School



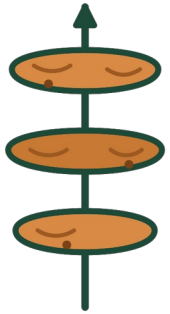
WHAT YOU'RE MAKING

Two dishes, one bench

THE MAIN

Jerk Chicken Satay

Serves 4 · 25 minutes

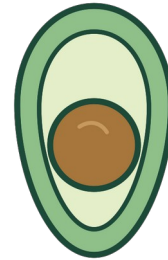


Your blend, olive oil, lime.
Hot and fast on a stick.

THE DESSERT

Chocolate Avocado Mousse

Serves 4 · 10 minutes



Avocado, cacao, honey,
strawberries. Blender only,
served as shooters.

HOW THIS WORKS

One Ingredient at a Time

1

Picture it

The ingredient, on its own.

2

Read the jobs

Three or four things it actually does.

3

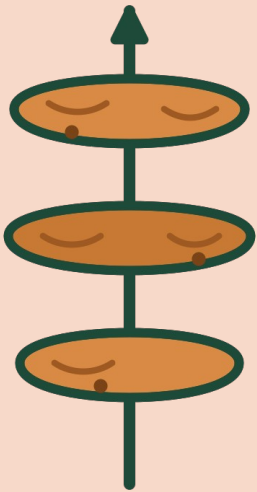
Then build it

Eight ingredients across two dishes.

Nothing on this bench is random. Every piece is doing something.

Chicken

1½ lb, cut into strips · the satay



1

Complete protein

All nine essential amino acids — the ones your body can't make on its own.

2

Lean, if you pick breast

Thigh has more fat and more forgiveness. Breast has more protein and dries out faster.

3

Cooks fast on a stick

Thin strips over high heat means minutes, not an hour. That's why satay works in a class period.

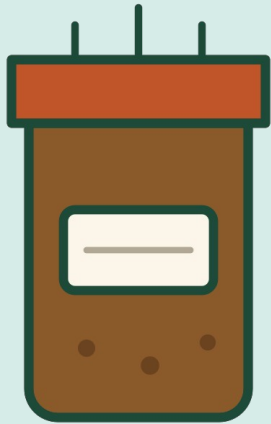
4

Takes seasoning well

Chicken is a blank canvas. Whatever you put on it is what it tastes like.

Your Jerk Blend

2 Tbsp · the jar you made in the classroom



YOU MADE THIS YESTERDAY

1

You set the sodium

A store-bought packet runs 350 to 500 mg per teaspoon. Yours runs whatever you decided.

2

There's sugar in it too

Two tablespoons of brown sugar across the whole batch. That's the point — you can see the number.

3

The spices do real work

Cinnamon, ginger and allspice all carry documented functional properties, not just flavor.

4

Flavor for almost no calories

Spice blends deliver layers of taste with virtually no added fat.

Olive Oil

2 Tbsp · what makes the spice stick



1

Unsaturated fat

The kind linked to better heart health — the opposite end of the fat slide.

2

It carries the seasoning

Many flavor compounds dissolve in fat, so the oil spreads the blend across every strip.

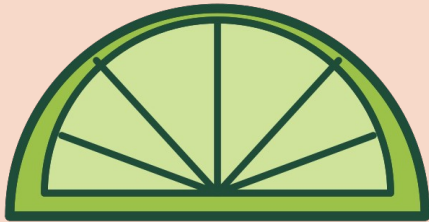
3

Unlocks vitamins

A, D, E and K need fat to be absorbed at all.

Lime

1, squeezed at the end



1

Acid at the finish

Sour makes salt go further. Squeeze it hot and you need less salt in the blend.

2

Vitamin C

Supports your immune system and helps you absorb iron from the rest of the plate.

3

Cuts the fat

Richness needs something sharp against it. That's why almost every cuisine finishes with acid.

ACT TWO

Now the **dessert.**

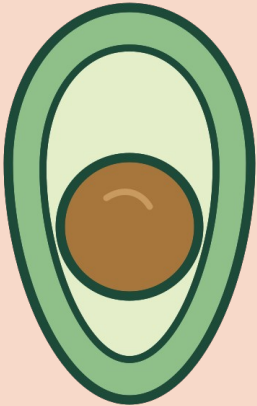
We don't remove dessert. We redesign it. Four ingredients, a blender, and no dairy in sight.

Take CTRL · Recipe 10 · The Abundance Mindset on a Plate



Avocado

2 large, ripe · the dessert base



1

Monounsaturated fat

Brain-supportive fat, and it's what makes the mousse creamy with no dairy at all.

2

Potassium

Helps balance fluids and blood pressure — the counterweight to sodium.

3

Fiber

Dessert that actually brings some. Six grams a serving.

4

Ripeness is the recipe

A hard avocado never goes silky. Press it — it should give.

Cacao Powder

1/3 cup · not cocoa



1

Among the highest-antioxidant foods there is

Raw cacao, with documented benefits for cardiovascular function and mood.

2

Cacao, not cocoa

Cacao is the raw, less-processed version. That difference is why this counts as a functional food.

3

No sugar of its own

The powder is unsweetened. Every gram of sugar here came from the honey you added.

Honey

1/3 cup · the only sweetener



...

1

This is added sugar

Natural doesn't mean free. Honey counts against the same limit we talked about this week.

2

But you can see it

One third of a cup across the whole batch. Nobody hid it from you — you measured it in.

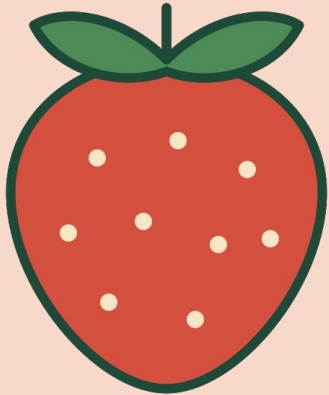
3

It's the dial

Want it less sweet? Use less. The recipe still works. That's the difference between cooking and buying.

Strawberries

1 pack · blended in and on top



1

Vitamin C and folate

C for immunity and collagen, folate for building new cells.

2

Flavonoids

The compounds behind the red color, and part of why berries keep showing up in the research.

3

Sweetness with fiber attached

Unlike the honey, this sugar comes with the whole fruit around it.

PUT IT TOGETHER

Every Number on This Bench Is Yours



The salt

Not one grain of sodium got onto this chicken that you didn't put there. A packet would have decided for you.



The sugar

Two tablespoons of brown sugar in the blend, a third of a cup of honey in the mousse. Both measured in front of you.



The fat

Olive oil on the satay, avocado in the dessert. Both unsaturated — the kind the fat slide said to keep.

What These Two Dishes Bring You

Protein

Chicken on the satay — the anchor of the plate

Healthy fat

Olive oil and avocado, both unsaturated

Fiber

Six grams a serving, from the avocado and berries

Vitamins

C from the lime and strawberries, plus folate

Minerals

Potassium from the avocado — sodium's counterweight

Control

You set the salt and you measured the sugar

NOW LET'S BUILD IT

You put every gram in **yourself.**

*Taste before you finish. If it needs more lime,
add more lime. That's the whole skill.*

Recipe 1 and Recipe 10 · Take CTRL Nutrition Manual

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