

A central illustration featuring a black frying pan with a black handle. Surrounding the pan are several food items: a yellow apple with a green leaf and a smiling face in the top left; a green broccoli floret in the top right; a wooden spoon in the middle right; a green broccoli floret in the bottom right; a red tomato with a smiling face in the bottom left; and a small orange carrot with a smiling face in the bottom center. The background is a solid light yellow color.

電話番号：

調理時間： 約 _____ 分

■ 使用した材料と分量 (____ 人分)

[illegible]