

Suggested structure to extra writing topic of Unit 7

Introduction	<ul style="list-style-type: none"> - Mapo Tofu - a famous traditional Chinese dish - Preparation time: 10 minutes; Cooking time: 15 minutes
Body	<ul style="list-style-type: none"> - 1 block of silken tofu - 120g of ground pork - 2 stalks of leeks - 2 cloves of garlic - 1/2 cup of water - 4 tablespoons of Sichuan spicy bean paste - 2 tablespoons of chili powder - 2 tablespoons of cooking oil - 3 tablespoons of chili oil - 1 tablespoon of Sichuan peppercorns - 2 tablespoons of soy sauce
	<ul style="list-style-type: none"> - Tofu is a rich source of proteins and vitamin D. - Pork is rich in many vitamins and minerals.
	<ol style="list-style-type: none"> 1. cut the tofu into small pieces 2. heat up a wok and pour in the cooking oil and chili oil 3. add the garlic, ground pork, spicy bean paste and stir-fry them until the pork is getting pale 4. add in chili powder and soy sauce 5. stir-fry them until they smell good 6. add in the tofu and water 7. stir gently to mix the tofu with the sauce 8. lower the heat and wait for 5 mins 9. add in the Sichuan peppercorns and leeks 10. stir and mix gently 11. serve immediately
Closing	<ul style="list-style-type: none"> - This dish can be less spicy if we use less sichuan peppercorns, chili powder, and chili oil.