



# Phrasal Verbs for Cooking

I really love cooking but something it's also nice to take one of my ready made meals from the freezer instead. I let it **thaw out** for a few hours before I **heat it up** in the microwave. Although i always find that I heat it up too much and I need to let it **cool down** before I can actually eat it!

Ready made meals are good but they can be very unhealthy with very high levels of salt. Sometimes, to make myself feel a bit better I'll **chop up** some vegetables and **mix them in** to my ready meal too. Maybe I need to start **cutting down on** ready meals! The problem is that when I'm too lazy to cook, it's the perfect solution. I could always **eat out** instead or try **whipping up** a really delicious meal at home that is quick.

# Phrasal Verbs for Cooking

**to thaw out**

transitive - separable

to wait for something frozen to arrive at room temperature

*We need to thaw that chicken out*

# Phrasal Verbs for Cooking

**to heat up**

transitive - separable

to make something hotter

*Let's heat up the dinner from yesterday*

# Phrasal Verbs for Cooking

## to cool down

intransitive / transitive - separable

to make something colder

*I need to cool down! I'm so hot!*

# Phrasal Verbs for Cooking

**to chop up**

transitive - separable

to cut something into small pieces

*Can you chop up the coriander, please?*

# Phrasal Verbs for Cooking

**to mix in**

transitive - separable

to combine two things together

*Now, mix in the eggs.*

# Phrasal Verbs for Cooking

**to cut down on**

transitive - inseparable

to reduce the quantity (eating)

*We need to cut down on chocolate.*



# Phrasal Verbs for Cooking

**to eat out**

intransitive

to eat in a restaurant/café (not your house)

*Let's eat out tonight!*

# Phrasal Verbs for Cooking

**to whip up**

transitive - separable

to prepare food very quickly

*Don't worry, she'll whip something up!*