

Rack Pack™

COOKING MISSIONS PAPRIKA

Cast your cooking spell: Taste • Sprinkle • Cook

Rack Pack Scoop Key

1 scoop = $\frac{1}{4}$ tsp • 2 = $\frac{1}{2}$ tsp • 3 = $\frac{3}{4}$ tsp • 4 = 1 tsp

Spice Rule: start small, taste, add more

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MISSION 1

TASTE

“Try-It” Dip *(no heat)*

2 Tbsp mayo or plain yogurt
1 **scoop** sweet paprika ($\frac{1}{4}$ tsp)

Optional:

1 **tsp** lemon juice and/or
1 **tsp** honey

Stir with your spatula + taste.
Chill 30 min to 1 hour and taste.
While you wait — cast your dipper spell! (ideas below)
Try a little later too (it will have a stronger flavor).

Dip it with: your favorite chips, pretzels, crackers — or carrot sticks, cucumber coins, even apple slices!

MISSION 2

SPRINKLE

Paprika Power Bites *(sprinkle)*

Choose one:

1 cooked egg (any style)
+ **tiny pinch** paprika

OR

$\frac{1}{2}$ **cup** cooked rice
+ 1 **scoop** paprika

OR

$\frac{1}{2}$ **cup** cooked pasta
+ 1 **scoop** paprika

Stir/sprinkle.
Wait 2 minutes, taste.

MISSION 3

COOK

Bloomed Paprika Butter Popcorn

(grown-up help)

2 **cups** popped popcorn
in a big bowl

2 **Tbsp** butter

1 **scoop** sweet paprika
(up to 2 **scoops**)

Melt butter in a small pan on LOW.
Stir paprika 30–60 sec, off heat.
Toss with popcorn.

Warming paprika in butter is called blooming — it makes the flavor pop! (Psst... it's in your booklet quiz!)

Tip: paprika burns fast—keep heat low and stir.

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Team-up tip: Raw chicken = wash-up time!
Wash hands, plates, and utensils with soap
before you touch anything else.

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LEVEL UP RECIPE

COOK

Paprika-Lemon Chicken Drumsticks

Serves 3 (2 drumsticks each!)

Read the recipe with a grown-up before you start!

Prep:

Preheat oven to 425°F / 220°C
Line a sheet pan with foil or
parchment and coat with oil.

Measure ingredients into a large bowl:

- Oil — 1½ Tbsp
- Paprika — 6 scoops (1½ tsp)
- Salt — 2 scoops (½ tsp)
- Garlic — 1 fresh clove minced
OR ½ scoop of garlic powder
- Lemon zest — 2 scoops (1 tsp)
- Lemon juice — 2 Tbsp

Pro Tip:

grate the lemon peel before juicing!

Mix well, add 6 drumsticks, and coat
completely until everything is red.

Cook:

Spread drumsticks on pan.
Cook 35–45 min, turn them over
halfway through.

Final temperature check
165°F / 74°C (grown-up checks!)

Rest 5 min before eating.

YUM. SMELLS SO GOOD!

Psst — this goes great with your
Mission 1 Dip or any Power Bites!

Visit MyRackPack.com for more recipes!

(grown-up help)

Hungry for more?

Next Quest

Paprika stars in dishes around the
world—which one will you make?



Hungary: Goulash – a
cozy stew with deep
color and warm flavor.



Spain: Paella – golden
rice with seafood
or chicken.



Mexico: Salsas & taco
fillings – paprika adds
color and peppery flavor.

Everywhere: any kind of potatoes
(roasted, fried, baked, etc.), deviled
eggs, soups, grilled veggies.

Explore more: Grab a grown-up
and search these recipes online –
Paprika is cooking up adventures
all around the world!”

Rack Pack™
Best Friends

**These ingredients
love cooking
together!**

- lemon
- rosemary
- garlic
- thyme
- basil
- honey

