This is a magic potion to:
Turn my younger sister into a worm.

INGREDIENTS
3 frogs’ toes
1500ml of lion blood
2 sprigs of sea holly
50g of rose petals
500ml of sparkling water
2 teaspoons of mustard seeds

METHOD (start each instruction with an imperative ‘bossy’ verb)

This is how to make a ketchup style dip to turn somebody into a worm:
Chop 3 frog’s toes into 1cm pieces.
Heat a frying pan until it’s crackling.
Add the mustard seeds and frog’s toes to the frying pan.
Slice the rose petals and sea holly.
Mix the petals and holly with the lion blood.
Pour the petal mixture into the frying pan.
Stir everything together until it is bubbling.
Tip into a bowl and serve as tomato ketchup.