SET IDENTITY\_INSERT Users ON;

INSERT INTO Users (UserID, Username, Password, DateOfBirth, email, UserRole) VALUES (3, 'user1','strongpass','1994-01-01','user1@example.com','admin');

INSERT INTO Users (UserID, Username, Password, DateOfBirth, email, UserRole) VALUES (5, 'user2','strongerpass','1994-01-02','user@example.com','admin');

INSERT INTO Users (UserID, Username, Password, DateOfBirth, email, UserRole) VALUES (6, 'user3', 'strongestpass', '1994-01-03', 'user3@example.com', 'admin');

SET IDENTITY\_INSERT Users OFF;

SET IDENTITY\_INSERT Categories ON;

INSERT INTO Categories (CategoryID, CategoryName) VALUES (1, 'African Dishes');

INSERT INTO Categories (CategoryID, CategoryName) VALUES (2, 'Vegetarian');

INSERT INTO Categories (CategoryID, CategoryName) VALUES (3, 'Breakfast');

SET IDENTITY\_INSERT Categories OFF;

SET IDENTITY\_INSERT Recipes ON;

INSERT INTO Recipes (RecipeID, CategoryID, UserID, DishName, TotalCookingTime, Description, Rating) VALUES (10, '1','3','Fried Rice','1h 20min', 'Delicious Nigerian meal', '4.8');

INSERT INTO Recipes (RecipeID, CategoryID, UserID, DishName, TotalCookingTime, Description, Rating) VALUES (11, '2','5','Corn Salad','30 mins','Creamy and refreshing', '4.8');

INSERT INTO Recipes (RecipeID, CategoryID, UserID, DishName, TotalCookingTime, Description, Rating) VALUES (12, '3','6','Scrambled Eggs', '15 mins', 'Mouth watering and light', '4.2');

SET IDENTITY\_INSERT Recipes OFF;

INSERT INTO Ingredients (RecipeID, IngredientName, Quantity, MeasurementUnit)

VALUES (10, 'Rice', '2 cups', 'cups'),

(10, 'Vegetable Oil', '2 tablespoons', 'tablespoons'),

(10, 'Onions', '1 large', 'large'),

(10, 'Carrots', '2 medium', 'medium'),

(10, 'Green Peas', '1 cup', 'cup'),

(10, 'Bell Peppers', '2', ''),

(10, 'Salt', 'to taste', ''),

(10, 'Seasoning Cubes', '2', '');

INSERT INTO Ingredients (RecipeID, IngredientName, Quantity, MeasurementUnit)

VALUES (11, 'Sweet Corn', '2 cups', 'cups'),

(11, 'Tomatoes', '2 medium', 'medium'),

(11, 'Cucumbers', '1', ''),

(11, 'Red Onion', '1/4 cup', 'cup'),

(11, 'Feta Cheese', '1/2 cup', 'cup'),

(11, 'Olive Oil', '2 tablespoons', 'tablespoons'),

(11, 'Lemon Juice', '2 tablespoons', 'tablespoons'),

(11, 'Salt', 'to taste', '');

INSERT INTO Ingredients (RecipeID, IngredientName, Quantity, MeasurementUnit)

VALUES (12, 'Eggs', '4', ''),

(12, 'Milk', '2 tablespoons', 'tablespoons'),

(12, 'Butter', '1 tablespoon', 'tablespoon'),

(12, 'Salt', 'to taste', ''),

(12, 'Black Pepper', 'to taste', ''),

(12, 'Chives', '2 tablespoons', 'tablespoons');

INSERT INTO OptionalIngredient (RecipeID, IngredientName, Quantity)

VALUES (10, 'Soy Sauce', '2 tablespoons'),

(10, 'Green Onions', '2 stalks'),

(10, 'Garlic', '2 cloves');

INSERT INTO OptionalIngredient (RecipeID, IngredientName, Quantity)

VALUES (11, 'Avocado', '1'),

(11, 'Red Bell Pepper', '1'),

(11, 'Red Wine Vinegar', '2 tablespoons');

INSERT INTO OptionalIngredient (RecipeID, IngredientName, Quantity)

VALUES (12, 'Cheese', '1/4 cup'),

(12, 'Spinach', '1 cup'),

(12, 'Mushrooms', '1/2 cup');

INSERT INTO Instructions (RecipeID, StepNumber, InstructionDescription)

VALUES (10, 1, 'Wash and rinse the rice thoroughly.'),

(10, 2, 'Heat vegetable oil in a large pan or wok over medium heat.'),

(10, 3, 'Add chopped onions and sauté until translucent.'),

(10, 4, 'Stir in diced carrots and cook until slightly tender.'),

(10, 5, 'Add green peas and bell peppers, and cook for a few minutes.'),

(10, 6, 'Add washed rice to the pan and stir to combine with the vegetables.'),

(10, 7, 'Season with salt and seasoning cubes, and stir well.'),

(10, 8, 'Pour in water and bring to a boil. Cover and simmer until rice is cooked through.');

INSERT INTO Instructions (RecipeID, StepNumber, InstructionDescription)

VALUES (11, 1, 'In a large bowl, combine sweet corn, diced tomatoes, and sliced cucumbers.'),

(11, 2, 'Add thinly sliced red onion and crumbled feta cheese to the bowl.'),

(11, 3, 'Drizzle olive oil and lemon juice over the salad ingredients.'),

(11, 4, 'Season with salt to taste, and toss gently to combine all ingredients.'),

(11, 5, 'Refrigerate the salad for at least 30 minutes before serving.');

INSERT INTO Instructions (RecipeID, StepNumber, InstructionDescription)

VALUES (12, 1, 'Crack the eggs into a bowl and add milk.'),

(12, 2, 'Whisk the eggs and milk until well combined.'),

(12, 3, 'Melt butter in a non-stick skillet over medium heat.'),

(12, 4, 'Pour the egg mixture into the skillet and let it cook for a minute.'),

(12, 5, 'Gently stir the eggs with a spatula until they begin to set.'),

(12, 6, 'Season with salt and black pepper to taste.'),

(12, 7, 'Continue to cook, stirring occasionally, until the eggs are cooked to desired consistency.'),

(12, 8, 'Sprinkle chopped chives over the scrambled eggs before serving.');

INSERT INTO CookingHardware (RecipeID, HardwareName)

VALUES (10, 'Large pan or wok'),

(10, 'Stove or cooker'),

(10, 'Measuring cups and spoons'),

(10, 'Knife'),

(10, 'Cutting board');

INSERT INTO CookingHardware (RecipeID, HardwareName)

VALUES (11, 'Large mixing bowl'),

(11, 'Knife'),

(11, 'Cutting board'),

(11, 'Serving spoon or tongs'),

(11, 'Refrigerator');

INSERT INTO CookingHardware (RecipeID, HardwareName)

VALUES (12, 'Non-stick skillet or frying pan'),

(12, 'Whisk or fork'),

(12, 'Spatula'),

(12, 'Measuring spoons'),

(12, 'Butter knife');

INSERT INTO Images (RecipeID, ImageURL) VALUES ('10','https://nkechiajaeroh.com/wp-content/uploads/2020/12/Nigerian-fried-rice-recipe-main-photo-3.jpg');

INSERT INTO Images (RecipeID, ImageURL) VALUES ('11','https://www.ck-creativekitchen.com/uploads/recipe/86/800x533/Corn\_salad\_with\_mayonnaise.jpg');

INSERT INTO Images (RecipeID, ImageURL) VALUES ('12','https://lexiscleankitchen.com/wp-content/uploads/2022/04/Perfect-Scrambled-Eggs7.jpg');