

### **Canned Goods**

- Fish stock 1.2l
- Tomatoes 2 medium
- Tomato purée 2tsp

### **Seafood**

- White fish 200g

### **Vegetables**

- Garlic 3 cloves
- Onion 1 medium

### **Condiments & Spices**

- Coriander 2tbsp
- Ground cumin 2tsp
- Olive oil 2tbsp
- Paprika 2tsp

### **Rice, Cereal & Legumes**

- Chickpeas 400g (1 tin)