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)