Condiments & Spices

- ◯ Fresh coriander 1 handful
- ◯ Fresh thyme 1 handful
- ◯ Ras-el-hanout spice mix 1 tsp

Fruits

- ◯ Lemon 0.5

Vegetables

- ◯ Carrots 200g
- ◯ Red onion 0.5 large
- ◯ Sweet potatoes 200g

Dairy

- ◯ Low-fat natural yoghurt 2 tbsp

Meat

- ◯ Chicken breast 2 fillets