

Canned Goods

- Tomato sauce 15oz

Dairy

- Heavy cream 3 cups
- Plain yogurt ½ cup

Vegetables

- Onion 1 unit
- Parsley 1 handful

Condiments & Spices

- Cayenne pepper 1tsp
- Garam masala 1tsp
- Tandoori masala 2tbsp

Meat

- Chicken breast 1.5lb