

### **Baking**

- ☐ Flour  $\frac{1}{4}$  cup

### **Condiments & Spices**

- ☐ Chilli vinegar 1 bottle

### **Fruits**

- ☐ Avocado 2 units
- ☐ Lime juice 4-5 tbsp

### **Canned Goods**

- ☐ Sun-dried tomatoes in oil cup

### **Dairy**

- ☐ Heavy cream  $\frac{3}{4}$  cup
- ☐ Parmesan  $\frac{1}{2}$  cup

### **Vegetables**

- ☐ Cherry tomatoes 1lb
- ☐ Chinese broccoli (gai lan) 100g
- ☐ Corn 3 ears
- ☐ Fresh cilantro  $\frac{1}{4}$  cup
- ☐ Garlic cloves 2 cloves
- ☐ Red chilli 1 long
- ☐ Red onion  $\frac{1}{2}$  medium