

Canned Goods

- Canned chopped tomatoes 400g
- Vegetable stock 300ml

Fruits

- Lime 1 unit

Vegetables

- Celery 2 sticks
- Coriander (cilantro) 1 handful
- Garlic 2 cloves
- Ginger 2cm
- Onion 1 unit
- Spring greens 100g

Condiments & Spices

- Chilli flakes $\frac{1}{2}$ tsp
- Cumin seeds $\frac{1}{2}$ tsp
- Ground coriander 1 tsp
- Sea salt flakes $\frac{1}{4}$ tsp
- Turmeric $\frac{1}{2}$ tsp

Rice, Cereal & Legumes

- Red lentils 0.55lb (250g)