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 ½ tsp
- ◯ Cumin seeds ½ tsp
- ◯ Ground coriander 1 tsp
- ◯ Sea salt flakes ¼ tsp
- ◯ Turmeric ½ tsp

Rice, Cereal & Legumes

- ◯ Red lentils 0.55lb (250g)