

Condiments & Spices

- Garlic powder 2 tsp
- Garlic salt 1 tsp
- Rice vinegar 4 tbsp

Frozen Foods

- Frozen peas 85g

Meat

- Chorizo/Bacon/Ham 50g

Seafood

- Prawns 50g

Fruits

- Lemon 2 units
- Pineapple 1 handful

Vegetables

- Baby corn 8 units
- Beansprouts 100g
- Courgette 1 unit
- Peppers 3 units
- Spring onions 4 units
- Sugar snap peas 1 handful