

Baking

- ☐ Sugar 1 tablespoon

Condiments & Spices

- ☐ Balsamic vinegar 1tbsp
- ☐ Black pepper to taste
- ☐ Cayenne pepper 1tsp
- ☐ Chili flakes 1tsp
- ☐ Coriander powder 0.5tsp
- ☐ Cumin powder 1tsp
- ☐ Extra virgin olive oil 3tbsp
- ☐ Salt to taste
- ☐ Smoked paprika powder 1tsp
- ☐ Sunflower oil 1tbsp

Rice, Cereal & Legumes

- ☐ Kidney beans 400g
- ☐ White rice 350g

Vegetables

- ☐ Aubergine 750g
- ☐ Canned tomatoes 250g
- ☐ Cilantro 0.5 bunch
- ☐ Garlic 3 teaspoons
- ☐ Onion 1 large
- ☐ Parsley or mint 1 bunch
- ☐ Red bell pepper 2 units
- ☐ Red onion 1 unit

Canned Goods

- ☐ Passata 500ml
- ☐ Tomato puree 1.5 liters

Meat

- ☐ Ground meat 400g

Snacks

- ☐ Brown raisins 55g
- ☐ Pine nuts 50g
- ☐ Pure chocolate 20g