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