

Baking

- ☐ Baking powder 3 tsp
- ☐ Plain flour 225g

Condiments & Spices

- ☐ Sunflower oil 1 bottle

Vegetables

- ☐ Fresh mint a few sprigs
- ☐ Podded peas 4 handfuls

Beverages

- ☐ Beer 285ml

Seafood

- ☐ White fish fillets 0.5lb (225g)