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)