## Baking
- ◯ Desiccated coconut 60g

## Condiments & Spices
- ◯ Chilli flakes 1tsp
- ◯ Cinnamon 1tsp
- ◯ Garam masala 1tbsp
- ◯ Garlic and ginger paste 1tbsp
- ◯ Kecap manis 3tbsp
- ◯ Lemongrass paste 1tbsp
- ◯ Pesto (sundried tomato) 2tbsp
- ◯ Sugar 1tbsp
- ◯ Turmeric ½tsp

## Fruits
- ◯ Lime Juice 1 unit

## Rice, Cereal & Legumes
- ◯ Penne pasta 350g

## Canned Goods
- ◯ Beef stockpot 1 unit
- ◯ Coconut milk 400g
- ◯ Sundried tomatoes 1 handful
- ◯ Tomato puree 1 heaped tbsp

## Dairy
- ◯ Double cream 250ml

## Meat
- ◯ Beef cheek 800g
- ◯ Chicken breast 3 units
- ◯ Chorizo 100g

## Vegetables
- ◯ Garlic cloves 5 sliced
- ◯ Onion 1 unit