

Rice, Cereal & Legumes

- ☐ Udon Noodles 400g

Vegetables

- ☐ Garlic 1 clove
- ☐ Green beans 200g
- ☐ Onion 1 unit
- ☐ Spring onions 1 bunch

Baking

- ☐ Cornflour 1 tbsp
- ☐ Dark Brown Sugar 1 tsp

Meat

- ☐ Chicken thighs 0.75lb

Snacks

- ☐ Peanut butter 1 tbsp
- ☐ Raw peanuts 2 oz (60g)

Miscellaneous

- ☐ Firm Tofu 1 block (400g)

Canned Goods

- ☐ Creamed Coconut 90g

Condiments & Spices

- ☐ Chilli flakes 1/2-1 tsp
- ☐ Low-salt soy sauce 1 tbsp
- ☐ Rice vinegar 1 tbsp
- ☐ Sesame oil 1/2 tbsp
- ☐ Sesame seeds 2 tsp
- ☐ Szechuan peppercorns 1/4-1/2 tsp
- ☐ Vegetable oil 2.5 tbsp

Dairy

- ☐ Milk 1 tbsp (15ml)