

Canned Goods

- Coconut milk, full-fat 400g
- Crushed canned tomato 400g

Rice, Cereal & Legumes

- Basmati rice as needed
- Flatbreads or roti as needed

Condiments & Spices

- Chilli powder 1 tsp
- Turmeric powder ½ tbsp

Vegetables

- Coriander/Cilantro leaves ½ cup
- Ginger 2 tsp