Condiments & Spices

- ◯ Chili garlic sauce 2 tsp

Rice, Cereal & Legumes

- ◯ Chow Mein Stir-Fry Noodles 170g
- ◯ Corn Flour 1 tbsp

Meat

- ◯ Chicken 0.5lb (227g)

Vegetables

- ◯ Bell pepper 1/2 unit
- ◯ Cabbage 4oz
- ◯ Carrot 1 unit
- ◯ Garlic 4 cloves
- ◯ Spring onion 1 bunch