| Category | Ingredient | Quantity | | --- | --- | --- | | Vegetables | Onions | 6 | | | Bell peppers | 7 | | | Garlic cloves | 9 | | | Spring onions | 1 bunch | | | Carrots | 3 | | | Cabbage | 300 g | | | Red bell peppers | 2 | | Spices | Curry or red curry paste | 2 tbsp | | | Paprika | 4 tbsp | | | Chili powder | to taste | | | Ginger | 2 tsp | | | Garlic powder | 1 tsp | | | Cumin | 0.5 tsp | | | Chili or cayenne pepper | to taste | | | Salt and pepper | to taste | | Dairy | Buko spicy cheese | 1 pk | | | Oma cooking cream 4% | 250 ml | | | Grated cheddar | 75 g | | Meat | Shrimp | 200 g | | | Chicken breast, thigh fillet or inner fillet | 400 g | | | Cod fillets | 225 g | | Grains | Rice | 1 dl | | | Whole grain noodles | 250 g | | | Rice or coarse bulgur | 300 g | | | Whole grain tortillas | 6 | | Canned goods | Coconut milk | 400 ml | | | Chopped tomatoes | 2 cans | | | Kidney beans | 2 cans | | | Tomato puree | 70 g | | | Lobster soup | 750 g | | Oils | Oil for frying | 6 tsp | | Sauces | Soy sauce | 2 tbsp | | | Balsamic vinegar | 1 tbsp | | | Tahini or peanut butter | 4 tsp | | Other | Bouillon cube | 3 | | | Sugar | 3 tsp | | | Lime juice | 3 tbsp | | | Water | 17.5 dl | | | Bread croutons with garlic | 1 pk | | | Cauliflower rice | 1 ps, 350 g |