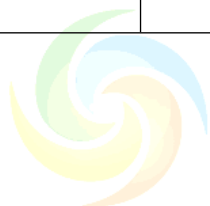


Category	Ingredient	Quantity
Vegetables	Onions	6
	Bell peppers	7
	Garlic cloves	9
	Spring onions	1 bunch
	Carrots	3
	Cabbage	300 g
	Red bell peppers	2
	Curry or red curry paste	2 tbsp
Spices	Paprika	4 tbsp
	Chili powder	to taste
	Ginger	2 tsp
	Garlic powder	1 tsp
	Cumin	0.5 tsp
	Chili or cayenne pepper	to taste
	Salt and pepper	to taste
	Buko spicy cheese	1 pk
Dairy	Oma cooking cream 4%	250 ml
	Grated cheddar	75 g
	Shrimp	200 g
Meat	Chicken breast, thigh fillet or inner fillet	400 g
	Cod fillets	225 g
	Rice	1 dl
Grains	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



ASPOSE
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