

CONDIMENT: tumeric (1), smoked-paprika (1), cayenne-pepper (0.25), garam-masala (2), cumin (3), mexican-chilli-powder (2), oregano (1), onion-powder (1), garlic-powder (1),

DAIRY: butter (4), thickened-cream (250), grated-cheese (1), parmesan (1),

FRUIT_VEG: garlic (14), brown-onion (3), carrot (3), kimchi (1), spring-onion (1), capsicum (1), snow-peas (1), ginger (2), cauliflower (1), frozen-peas (1), avocado (2), celery (2), potato (3), fresh-thyme (1), bay-leaf (1), brocolli (2), green-beans (250), fresh-parsley (1), lemon (1), apricot-slices (1),

MEAT: rump-steak (500), boneless-skinless-chicken-thigh (1700), beef-mince (500), italian-sausage (500),

OTHER: sesame-oil (1), soy-sauce (4), dark-soy-sauce (0.5), brown-sugar (3), rice-vinegar (2), oyster-sauce (3), beef-stock (3), gochujang (2), baking-soda (0.5), cornflour (2), peanut-oil (1), jasmine-rice (1000), canned-tomatoes (1), fire-roasted-tomatoes (1), chipotle-chile-in-adobo-sauce (1), corn-torillas (2), corn-chips (1), kidney-beans (1), liscio-piccolo/macaroni (500), lentils (1), chicken-stock (6), apricot-nectar (250), low-sodium-soy-sauce (2), corn-starch (1), cous-cous (300),