

CONDIMENT: cumin (3), coriander (2), cloves (0.5), smoked-paprika (2), tumeric (2), cardamom-pods (4), garlic-powder (1), onion-powder (1), sweet-paprika (1),

DAIRY: sour-cream (120),

FRUIT_VEG: brown-onion (2), garlic (10), ginger (1), brown/chestnut-mushrooms (300),

MEAT: chicken-breast (1500),

OTHER: coconut-oil (2), chicken-stock (0.75), coconut-milk (2), white-rice (500), dijon-mustard (1.5), flour (1.75), worcestershire-sauce (1.5), pasta (500),