

CONDIMENT: oregano (3), cumin (3),

FRUIT_VEG: roma-tomatoes (3), garlic (8), brown-onion (2), fresh-coriander (1), capsicum (1), bay-leaves (2), chilli (1), avocado (2), lime (1),

MEAT: thin-beef-scotch-fillet (400),

OTHER: dried-chillis (1), tomato-paste (2), dried-black-beans (1), brown-rice (1), tortilla (1), balsamic-vinegar (3), worcestershire-sauce (1), chipotle-in-adobo-sauce (1),