

**CONDIMENT:** cumin-seeds (1.5), fenugreek-leaves (2), garam-masala (3.0), cardamon-pods (3), coriander (4), cumin (3.5), tumeric (2), chilli-powder (2.0), chilli-flakes (1), smoked-paprika (1),

**DAIRY:** percorino-romano (50), greek-yoghurt (1),

**FRUIT\_VEG:** brown-onion (1), garlic (15), ginger (2), tomatoes (3), potatoes (3), cauliflower (0.5), basmati-rice (500), fresh-parsley (15), fresh-basil (15), lemon (1), fresh-dill (15), avocado (2), red-onion (1), lettuce (1), cucumber (1),

**MEAT:** chicken-breast (2000), beef-mince (500), pork-mince (500),

**OTHER:** chicken-stock (1.5), egg (3), breadcrumbs (100), beef-stock (0.5), tinned-tomatoes (2), spaghetti (400), white-vinegar (1), dijon-mustard (1), peanut-oil (180), turkish-bread (1),