

**CONDIMENT:** onion-powder (2), garlic-powder (2),

**DAIRY:** parmesan (30),

**FRUIT\_VEG:** brown-onion (1), ginger (1), garlic (7), basmati-rice (500), sweet-potato (2), green-beans (250), lemon (1), fresh-basil (60), capsicum (1), squash (1), zuchinni (1), red-onion (1),

**MEAT:** chuck-steak (700), chicken-breast (750),

**OTHER:** rendang-paste (1), coconut-milk (270), coconut-oil (1), fettucine-pasta (500), pine-nuts (30), penne-pasta (500),