

CONDIMENT: onion-powder (2), garlic-powder (2), curry-powder (2), cayenne-pepper (1),

FRUIT_VEG: brocolli (2), green-beans (250), garlic (5), fresh-parsley (1), lemon (1), brown-onion (2), carrot (2), ginger (1),

MEAT: boneless-skinless-chicken-thigh (1000), chicken-breast (700),

OTHER: apricot-nectar (250), low-sodium-soy-sauce (2), brown-sugar (1), corn-starch (1), cous-cous (300), chicken-stock (2), egg (2), plain-flour (4), panko-breadcrumbs (150), soy-sauce (1), rice-vinegar (1), honey (1), white-rice (200),