

CONDIMENT: smoked-paprika (0.5), chilli-flakes (0.5), thyme (0.5), garam-masala (2), cumin (3), chilli-powder (1), sweet-paprika (1.5), tumeric (3), coriander (1.5),

DAIRY: greek-yoghurt (420),

FRUIT_VEG: brown-onion (2), potato (1000), garlic (6), fresh-rosemary (0.5), red-onion (1), capsicum (2), ginger (1), lime (2), cucumber (1), fresh-coriander (1), fresh-mint (1),

MEAT: chicken-breast (1200),

OTHER: cannellini-beans (2), tin-tomatoes (2), dark-brown-sugar (2), red-wine-vinegar (2), tomato-paste (2), basmati-rice (320), chicken-stock (640), bay-leaf (3),