

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

DAIRY: parmesan (30),

FRUIT_VEG: garlic (3), lemon (1), fresh-basil (60), capsicum (1), squash (1),
zucchini (1), red-onion (1),

MEAT: chicken-breast (750),

OTHER: fettucine-pasta (500), pine-nuts (30), penne-pasta (500),