

## **RECIPES:**

tuscan-chicken(1-pasta), fettucine-bolognese(1-pasta), beef-chow-fun(45-noodles), beef-massaman(3-rice), butter-chicken(2-rice), chicken-pie(1.5-pastry)

**DAIRY:** egg, double-cream, parmesan-cheese, natural-yogurt, milk, BUTTER, CHEESE-STICKS, YOGURT, JUICE, MILK,

**FROZEN:** puff-pastry, FROZEN-BERRIES, ICE-CREAM,

**FRUIT-VEG:** brown-onion, garlic, sun-dried-tomatoes, red-capsicum, baby-spinach, fresh-parsley, celery, carrot, ginger, yellow-capsicum, bean-sprouts, spring-onions, red-chilli, red-onion, coriander, lemongrass, fresh-coriander, potato, cardamom-pods, fresh-thyme, brocolli, DATES, GRAPES, KALE,

**MEAT:** chicken-breast, beef-mince, pancetta, flank-steak, beef-chuck,

**OTHER:** oregano, thyme, paprika, garlic-salt, plain-flour, tomato-paste, white-wine, chicken-stock, fussili-pasta, fettucine-pasta, red-wine, light-soy-sauce, dark-soy-sauce, oyster-sauce, sesame-oil, brown-sugar, rice-vinegar, white-pepper, flat-rice-noodles, sesame-seeds, cumin, cinnamon, fish-sauce, corn-flour, beef-stock, coconut-milk, lime-juice, white-rice, lemon-juice, garam-masala, chilli-powder, curry-powder, passata, OLIVE-OIL, SALT, PEPPER, HUMMUS, BABA-GANOUSH, PEANUT-BUTTER, FAVA-BEANS, DARK-CHOCOLATE, TEA, VITA-WHEATS, CORN-CHIPS, ROLLED-OATS, MIXED-NUTS, CINNAMON, COCONUT-FLAKES, SEEDS,