

## **Larder Store/ Store Cupboard**

1 box cornflour  
1 box chicken or vegetable stock cube (or water)  
1 bottle cider vinegar (or regular)  
1 bottle soy sauce (dark or light is fine)  
1 bottle ketchup  
500g demerara sugar  
1 tin of pineapple slices or pieces (keep the juice)  
500ml vegetable oil for frying the chicken  
1 bag rice- basmati or brown  
500g gnocchi  
1 jar marinated grilled artichokes  
1 bag spinach  
1 bottle white wine (optional)  
1 jar dried oregano  
1 jar dried basil  
1 jar Thai red curry paste  
1 jar Honey (or brown sugar)  
1 pack Rice Noodles  
2 tins Coconut Milk  
1 tin Sweet Corn (tin or frozen)  
1 jar Pesto  
1 bottle Olive oil  
1 small pack cashews  
500g Pasta

## **Fresh Fruit & Veg**

1 bulb garlic  
4 yellow/ brown onion  
2 red onion  
1 inch piece ginger  
1 bunch fresh thyme  
yellow pepper  
mixed peppers

1 bunch basil  
2 limes  
250g mushrooms  
500g sweet potatoes  
1 bag spinach  
1 bunch basil  
1 bunch coriander

### **Meat & Dairy**

4 boneless skinless chicken  
extra mature gouda or similar  
300ml single cream  
500g Cheese (preferably mozzarella)  
300ml double cream