

Larder/ Store Cupboard Items

Soy sauce

Honey

Sriracha

Olive Oil

Turmeric

Cumin

Paprika

Chilli powder

Cinnamon

Cocoa powder

Dried oregano

Red lentils (dried)

1 box Vegetable stock cubes

1 package spaghetti (or any pasta you can find)

1 package rigatoni

1 bag basmati rice

garlic granules

1 box passata

1 tube tomato puree

1 jar chargrilled peppers

1 tin sweet corn (or use frozen)

2 tins mixed beans

2 tins chopped tomatoes

1 bag tortilla chips

Fresh Fruit & Veg

Ginger

Garlic

3 Bell peppers (red or yellow)

2 yellow peppers

1 Courgette

1 bunch Spring onions

1 bunch Basil

1 bunch coriander

1 bunch rosemary

2 Yellow onion

1 Butternut squash

1 bag Spinach

1 punnet Baby plum tomatoes

500g Fresh tomatoes

2 red onion

1 punnet mushrooms

1 broccoli

1 avocado

Meat & Dairy

600g Rump steak

1 container double cream

2 boneless skinless chicken breasts

1 block butter

milk

1 small block cheddar cheese

200g Chorizo or other spicy Italian sausage

1 fresh mozzarella

1 package parmesan

The Recipes

[30 Minute Korean Beef Stir Fry](#)

[Dhal Lentil Curry with 2 Ingredient Naan Bread](#)

[Creamy Tomato Pasta](#)

[Baked Chicken and Rice](#)

[7 Ingredient Chorizo Pasta](#)

[Smokey 5 Bean Chilli](#)