

## BASIC STORE CUPBOARD

Apple cider vinegar  
Balsamic vinegar  
Bay leaves  
Black pepper (ground or use peppercorns for a grinder)  
Chinese five-spice powder  
Dried chilli flakes  
Ground coriander  
Ground cumin  
Ground turmeric  
Honey  
Hot sauce  
Italian seasoning (combo of oregano, thyme, basil, parsley, sage, bay leaves & pepper)  
Natural peanut butter (no added sugar or salt)  
Mild curry paste or powder  
Mustard  
Paprika  
Plain flour  
Porridge oats  
Rapeseed oil  
Reduced sodium chicken stock cubes (or use vegetable if on Vegetarian plan)  
Reduced sodium soy sauce  
Salt  
Sesame seeds  
Sweet chilli sauce  
Tomato ketchup  
Tomato puree  
Worcestershire sauce (omit if on Vegetarian plan)