

BASIC STORE CUPBOARD

Black pepper (ground or use peppercorns for a grinder)
Cajun seasoning
Cashew nuts
Chinese five-spice powder
Cornflour
Dried chilli flakes
Garam Masala
Garlic powder
Ground coriander
Ground cumin
Ground turmeric
Honey
Italian seasoning (combo of oregano, thyme, basil, parsley, sage, bay leaves & pepper)
Light mayonnaise
Mild chilli powder
Mustard
Peanut butter (100% nuts)
Pickled gherkins (from a jar)
Plain flour
Porridge oats
Pumpkin seeds
Raisins
Rapeseed or olive oil
Reduced sodium vegetable stock cubes
Reduced sodium soy sauce
Sesame oil
Sesame seeds
Smoked paprika
Sunflower seeds
Sweet chilli sauce
Thai green curry paste
Toasted flaked almonds
Tomato ketchup
Tomato puree