

15 MINUTE MEALS



PANTRY LIST

Baking:

- cocoa powder
- cornflour
- desiccated coconut
- dried apricots
- light brown sugar
- plain flour
- porridge oats
- rose water
- self-raising flour
- vanilla paste

Dried herbs & spices:

- Cajun seasoning
- caraway seeds
- cayenne pepper
- Chinese five-spice
- cinnamon sticks
- cumin seeds
- curry leaves
- dill
- dried red chillies
- English mustard powder
- fennel seeds
- fenugreek seeds
- garam masala

- ground allspice
- ground cinnamon
- ground cloves
- ground coriander
- ground ginger
- kaffir lime leaves
- mustard seeds
- nutmeg
- oregano
- saffron
- smoked chipotle or ancho chillies
- smoked paprika
- sweet smoked paprika
- thyme
- turmeric

Dried pasta & noodles:

- farfalle
- fettucine
- fusilli
- linguine
- macaroni
- orecchiette
- penne
- shells
- spaghetti
- wholewheat fusilli
- wholewheat spaghetti
- free-range egg noodles
- thin rice noodles

Jams & spreads:

- blackberry jam
- cranberry jam
- peanut butter
- runny honey

Jarred food:

- grated horseradish
- passata
- preserved lemons
- red peppers
- sun-dried tomatoes

Mustards:

- Dijon
- English
- wholegrain

Nuts & seeds:

- almonds
- blanched hazelnuts
- Brazil nuts
- cashews
- pine nuts
- shelled peanuts
- shelled pistachios
- pumpkin seeds
- sesame seeds
- shelled walnuts
- sunflower seeds

