

CUPBOARD STAPLES

Basics

Plain flour
Self raising flour
Stock cubes
Tomato purée
Passata
Garlic paste
Chilli paste
Olives
Curry paste
Balsamic vinegar
Olive oil

Tins

Beans
Chickpeas
Red kidney beans
Butterbeans
Chopped tomatoes

Pulses, rice pasta

Rice

Spaghetti
macaroni → Pasta
Penne

Lentils

Couscous

Seasonings

Sea salt
Mixed herbs
Garlic salt
Smoked paprika
Cumin
Chilli powder
Peppercorns

Remember

To buy huge bags of
rice and pasta so
you never run out