

# CUPBOARD STAPLES



## BASICS

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

---

## SEASONINGS

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

---

## TINS

Beans  
Chickpeas  
Red kidney beans  
Butterbeans  
Chopped tomatoes

---

## PULSES, RICE PASTA

Rice

Pasta Spaghetti  
macaroni  
Penne

Lentils

Couscous

## REMEMBER

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