

# Together We Cook

## Store Cupboard Ingredients



### Tinned food

- Tomatoes and passata
- Beans and pulses
- Fish
- Vegetables
- Coconut milk



### Dried food

- Pasta and noodles
- Rice
- Flour
- Stock cubes



### Oil and seasoning

- Cooking oils
- Black pepper
- Spices eg chilli, cumin, turmeric, paprika
- Herbs eg oregano, basil or mixed