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 paprkia
- ☐ 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

Oils:
- ☐ extra virgin olive
- ☐ olive
- ☐ rapeseed
- ☐ sesame
- ☐ truffle

Pastes:
- ☐ harissa
- ☐ miso paste or powder
- ☐ Patak's curry pastes (korma, rogan josh, tikka)
- ☐ sun-dried tomato tapenade
- ☐ tomato purée

Pickled & jarred vegetables:
- ☐ cauliflower
- ☐ cornichons
- ☐ gherkins
- ☐ ginger
- ☐ jalapeño chillies
- ☐ red cabbage

Rice, grains & pulses:
- ☐ basmati rice
- ☐ bulgur wheat
- ☐ couscous
- ☐ fine cornmeal
- ☐ quinoa
- ☐ Uncle Ben's 10-minute wholegrain rice
- ☐ Uncle Ben's cooked packs of brown or wild rice

Sauces:
- ☐ black bean
- ☐ hoi sin
- ☐ hot chilli
- ☐ HP
- ☐ Lingham's chilli
- ☐ low-salt soy
- ☐ mint
- ☐ free-range mayonnaise
- ☐ sweet chilli
- ☐ Tabasco
- ☐ teriyaki
- ☐ tomato ketchup
- ☐ Worcestershire

Tinned foods:
- ☐ anchovy fillets
- ☐ chickpeas
- ☐ chopped tomatoes
- ☐ light coconut milk
- ☐ mixed beans
- ☐ pineapple chunks
- ☐ red kidney beans
- ☐ red split lentils
- ☐ water chestnuts

Vinegars:
- ☐ balsamic
- ☐ red wine
- ☐ rice or white wine
- ☐ sherry

Miscellaneous:
- ☐ organic chicken & vegetable stock cubes
- ☐ green tea bags

Notes:

Taken from **Jamie's 15-Minute Meals**, published by Michael Joseph. Recipes © Jamie Oliver 2012. Photography © David Loftus 2012.