

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





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.

