

# Pantry Staples



Here are a few useful items to keep in your store cupboard. Keeping some basic ingredients at home means you can always make a healthy meal, even when you don't happen to have that much forward planning.

Your store cupboard ingredients will last for a long time so invest in the best quality you can afford. They will enhance the flavour of your cooking and add health benefits to your everyday meals.

## Condiments:

- Tamari (wheat free soy sauce)
- Curry paste
- Tomato paste
- Good quality balsamic vinegar
- Stock powder or MSG free stock cubes
- Vanilla extract
- Good quality honey – preferably local
- Maple syrup

## Herbs & Spices

- Cumin seeds
- Smoked paprika
- Chinese Five spice powder
- Dried chilli flakes and/or cayenne powder
- Fresh or dried thyme
- Fresh or dried rosemary
- Coriander seeds
- Cinnamon, ground
- Cardamom, ground
- Turmeric, ground

**There's a lot more herbs and spices that you can add to this list. Start with what you have and explore new flavours as you continue expanding the variety of food and dishes you eat.**

## Seasoning

- Black pepper
- Sea salt or Pink Himalayan Salt

## Nuts & Seeds

- Almonds
- Brazil nuts
- Hazel nuts
- Cashew nuts
- Pecan nuts
- Macadamia nuts
- Walnuts
- Milled linseeds
- Chia seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds

**You don't need to keep all these different varieties in your pantry at all times. Keep it varied. Sometimes buying a mixed bag of seeds or nuts is a handy option.**

## Grains / Flours

- Spelt (wholemeal & white)
- Porridge oats
- Buckwheat
- Millet
- Brown rice
- Whole wheat pasta
- Noodles
- Quinoa

## Tins etc.

- Coconut milk – full fat
- Dried lentils (red, puy, brown or green or beluga lentils)
- Tins of chickpeas/ cannellini beans / kidney beans / butter beans
- A few tins of chopped tomatoes
- Good quality olive oil
- Coconut oil
- Eggs – preferably organic
- Onions
- Garlic