

## GROCERY LIST

### Vegetables:

- onion (1)
- garlic (2 cloves)

### Spices:

- cumin (4 tb.)
- chili powder (2 tb.)
- cardamom (1 tb.)
- curcuma (2 tb.)
- ginger (2 tb.)
- garam masala (1 ts.)

### Meat:

- lamb shoulder (600g)

### Dairy:

- yoghurt (360g)

### Canned Goods:

- tomatoes (2 cans; 800g)

### Check for:

- salt
- olive oil