

Ingredients:

40ml Whole Milk

6ml Extra Virgin Rapeseed Oil

60g Breadcrumbs

5.4g Caster Sugar

1.4g Garlic Puree

20g Large Spanish Onions

160g Chopped Tomatoes

20g Plain Flour

0.6g Chives

0.6g Ground Black pepper

240g Fresh Veg Potato

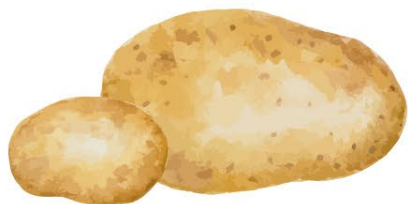
2 each Pollock Fillets Skinless Boneless

Medium Eggs – half an egg each



Can you help find the items on the shopping list?

Patato



Oil



Onion



Eggs



Pollock



Milk

