



THE STUDENT STARTER CUPBOARD

The staples behind most recipes in this book

BROUGHT TO YOU BY
THE APPROXIMATE
COOKBOOK FOR STUDENTS

CARBOHYDRATES



TINS AND PULSES



FLAVOUR ESSENTIALS



VERY USEFUL ADDITIONS



REFRIGERATE AFTER OPENING: pesto, salsa, mayonnaise, ketchup and opened sauces.

BUY FRESH REGULARLY: bread, wraps, onions and potatoes.

