



PANTRY PASTA

Below is a list of our top 15 pantry staples that we always keep handy in our kitchen! With any of the ingredients, you can create a nutritious, tasty and affordable pasta dish for the whole family in just minutes!

We've also listed some of our other top favourite kitchen staples that we like to use to take a simple pasta dish to the next level!

OUR TOP 15 PANTRY STAPLES:

- * Pasta
- * Salt
- * Pepper
- * Olive Oil
- * Tinned Tomatoes
- * Tinned Tuna
- * Canned beans: chickpeas, lentils, red kidney beans, cannellini beans, black beans
- * Passata
- * Tomato Paste
- * Jarred Pesto
- * Garlic
- * Onion
- * Dried Herbs: parsley, basil, oregano, fennel seed, bay leaves, rosemary
- * Dried Spices: chilli flakes, garlic powder, onion powder, paprika, cumin, nutmeg
- * Stock: vegetable, chicken or beef

OTHER FRESH KITCHEN STAPLES:

Dairy:

- * Parmesan Cheese
- * Butter
- * Cream
- * Milk
- * Eggs

Vegetables:

- * Tomatoes
- * Mushrooms
- * Carrot
- * Zucchini
- * Broccoli
- * Spinach
- * Asparagus
- * Eggplant
- * Capsicum
- * Sweet Potato
- * Pumpkin
- * Corn

Protein:

- * Chicken
- * Mince Meat (beef, pork or lamb)
- * Bacon
- * Salmon
- * Prawns
- * Tofu

Herbs:

- * Parsley
- * Basil
- * Rosemary
- * Bay leaves
- * Spring Onion
- * Chilli