

Steamed Cod with Broccoli and Buckwheat - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Broccoli <i>(1 g)</i>	300	Gram	1 g
<input type="checkbox"/>	Fresh Cod Fillets, Skinless <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Millet Groats <i>(1 g)</i>	80	Gram	1 g
<input type="checkbox"/>	Lemon <i>(80 g)</i>	1	Piece	80 g
<input type="checkbox"/>	Sesame Seeds <i>(10 g)</i>	1	Tablespoon	10 g
