

Roasted Pork Shoulder with Vegetables and Rice (lighter version) - Ingredients

| | NAME | AMOUNT | UNIT | TOTAL WEIGHT |
|--------------------------|--|--------|------------|--------------|
| <input type="checkbox"/> | Zucchini <i>(1 g)</i> | 150 | Gram | 1 g |
| <input type="checkbox"/> | Boneless Pork Loin <i>(1 g)</i> | 100 | Gram | 1 g |
| <input type="checkbox"/> | Red Onion <i>(1 g)</i> | 50 | Gram | 1 g |
| <input type="checkbox"/> | Long-Grain Brown Rice <i>(1 g)</i> | 50 | Gram | 1 g |
| <input type="checkbox"/> | Carrot <i>(1 g)</i> | 45 | Gram | 1 g |
| <input type="checkbox"/> | Olive Oil <i>(10 g)</i> | 1 | Tablespoon | 10 g |
| <input type="checkbox"/> | Parsley Leaves 2 <i>(1 g)</i> | 1 | Teaspoon | 1 g |
