

Chicken with buckwheat groats and sauerkraut - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Sauerkraut <i>(1 g)</i>	200	Gram	1 g
<input type="checkbox"/>	Chicken Breast Fillet 2 <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Red Bell Pepper <i>(1 g)</i>	60	Gram	1 g
<input type="checkbox"/>	White Buckwheat Groats <i>(1 g)</i>	60	Gram	1 g
<input type="checkbox"/>	Onion <i>(1 g)</i>	30	Gram	1 g
<input type="checkbox"/>	Cold-Pressed Rapeseed Oil <i>(1 ml)</i>	10	Gram	1 ml
