



## Red Lentils with Turkey and Asparagus - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Canned Tomatoes</b> <i>(1 g)</i>	200	Gram	1 g
<input type="checkbox"/>	<b>Asparagus</b> <i>(1 g)</i>	150	Gram	1 g
<input type="checkbox"/>	<b>Turkey Loin</b> <i>(1 g)</i>	120	Gram	1 g
<input type="checkbox"/>	<b>Onion</b> <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	<b>Red Lentils, Dry Seeds</b> <i>(1 g)</i>	70	Gram	1 g
<input type="checkbox"/>	<b>Cold-Pressed Rapeseed Oil</b> <i>(1 ml)</i>	10	Gram	1 ml