

## Chicken Curry with Rice - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Natural Yogurt 2%</b> <i>(160 g)</i>	1	Package	160 g
<input type="checkbox"/>	<b>Chicken Breast Fillet</b> <i>(1 g)</i>	170	Gram	1 g
<input type="checkbox"/>	<b>Onion</b> <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	<b>Long-Grain Brown Rice</b> <i>(1 g)</i>	80	Gram	1 g
<input type="checkbox"/>	<b>Tomato Concentrate 30%</b> <i>(15 g)</i>	1.3	Teaspoon	15 g
<input type="checkbox"/>	<b>Light Mayonnaise</b> <i>(10 g)</i>	1.5	Teaspoon	10 g
<input type="checkbox"/>	<b>Cold-Pressed Rapeseed Oil</b> <i>(10 ml)</i>	1	Tablespoon	10 ml
<input type="checkbox"/>	<b>Curry</b> <i>(5 g)</i>	2	Teaspoon	5 g
<input type="checkbox"/>	<b>Garlic</b> <i>(5 g)</i>	1	Tooth	5 g
<input type="checkbox"/>	<b>Turmeric</b> <i>(2 g)</i>	0.5	Teaspoon	2 g