

# Chicken in Mint Sauce with Vegetables - Ingredients

|                          | NAME   | AMOUNT | UNIT           | TOTAL WEIGHT |
|--------------------------|--|--------|----------------|--------------|
| <input type="checkbox"/> | <b>Asparagus</b><br><i>(1 g)</i>               | 150    | Gram           | 1 g          |
| <input type="checkbox"/> | <b>Chicken Breast Fillet 2</b><br><i>(1 g)</i> | 120    | Gram           | 1 g          |
| <input type="checkbox"/> | <b>Broad Beans</b><br><i>(1 g)</i>             | 50     | Gram           | 1 g          |
| <input type="checkbox"/> | <b>Green Peas</b><br><i>(1 g)</i>              | 50     | Gram           | 1 g          |
| <input type="checkbox"/> | <b>Light Rye Bread</b><br><i>(35 g)</i>        | 1      | Slice of bread | 35 g         |
| <input type="checkbox"/> | <b>Dried Mint</b><br><i>(1 g)</i>              | 30     | Gram           | 1 g          |
| <input type="checkbox"/> | <b>Olive Oil</b><br><i>(10 g)</i>              | 2      | Tablespoon     | 10 g         |
| <input type="checkbox"/> | <b>Feta Cheese</b><br><i>(1 g)</i>             | 10     | Gram           | 1 g          |
| <input type="checkbox"/> | <b>Wine Vinegar</b><br><i>(1 g)</i>            | 10     | Gram           | 1 g          |