

## Buckwheat with Vegetables - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Zucchini</b> <i>(600 g)</i>	1	Piece	600 g
<input type="checkbox"/>	<b>Red Bell Pepper</b> <i>(200 g)</i>	2	Piece	200 g
<input type="checkbox"/>	<b>Tomato Juice</b> <i>(200 g)</i>	1	Cup	200 g
<input type="checkbox"/>	<b>Millet Groats</b> <i>(180 g)</i>	1	Cup	180 g
<input type="checkbox"/>	<b>Onion</b> <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	<b>Cold-Pressed Rapeseed Oil</b> <i>(10 ml)</i>	3	Tablespoon	10 ml
<input type="checkbox"/>	<b>Garlic</b> <i>(5 g)</i>	3	Tooth	5 g
<input type="checkbox"/>	<b>Dried Rosemary</b> <i>(1 g)</i>	1	Gram	1 g
<input type="checkbox"/>	<b>White Salt</b> <i>(1 g)</i>	1	Gram	1 g
<input type="checkbox"/>	<b>Black Pepper</b> <i>(1 g)</i>	1	Gram	1 g