

Zucchini cutlets and vegetables baked with rice - Ingredients

| | NAME | AMOUNT | UNIT | TOTAL WEIGHT |
|--------------------------|--|--------|-------------|--------------|
| <input type="checkbox"/> | Zucchini <i>(450 g)</i> | 0.33 | Small piece | 450 g |
| <input type="checkbox"/> | Long-Grain Brown Rice <i>(10 g)</i> | 4 | Tablespoon | 10 g |
| <input type="checkbox"/> | Whole Chicken Eggs (L) <i>(56 g)</i> | 1 | Piece | 56 g |
| <input type="checkbox"/> | Breadcrumbs <i>(8 g)</i> | 1 | Tablespoon | 8 g |
| <input type="checkbox"/> | Stir-Fry Vegetables with Broccoli <i>(100 g)</i> | 1.5 | Portion | 100 g |
| <input type="checkbox"/> | Cold-Pressed Rapeseed Oil <i>(5 ml)</i> | 1 | Teaspoon | 5 ml |
| <input type="checkbox"/> | Sesame Seeds <i>(10 g)</i> | 1 | Tablespoon | 10 g |
