



## Cod stewed in leeks with broccoli and rice - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Long-Grain Brown Rice</b> (10 g)	4	Tablespoon	10 g
<input type="checkbox"/>	<b>Olive Oil</b> (10 g)	1	Tablespoon	10 g
<input type="checkbox"/>	<b>Broccoli</b> (1 g)	100	Gram	1 g
<input type="checkbox"/>	<b>Pumpkin seeds 2</b> (1 g)	1	Tablespoon	1 g
<input type="checkbox"/>	<b>Lemon 2</b> (1 g)	0.5	Piece	1 g
<input type="checkbox"/>	<b>Tomato Concentrate 30%</b> (25 g)	1	Tablespoon	25 g
<input type="checkbox"/>	<b>Leek</b> (140 g)	1	Piece	140 g
<input type="checkbox"/>	<b>Fresh Cod Fillets, Skinless</b> (1 g)	100	Gram	1 g