



Leczo with chicken, zucchini and groats - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Chicken Breast Fillet 2 <i>(1 g)</i>	2	Portion	1 g
<input type="checkbox"/>	Millet Groats <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Tomato Concentrate 30% <i>(15 g)</i>	6	Teaspoon	15 g
<input type="checkbox"/>	Red Bell Pepper <i>(200 g)</i>	1	Piece	200 g
<input type="checkbox"/>	Zucchini <i>(600 g)</i>	0.5	Piece	600 g
<input type="checkbox"/>	Parsley Leaves <i>(3 g)</i>	2	Teaspoon	3 g
<input type="checkbox"/>	Onion <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Olive Oil <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	Himalayan Salt <i>(0.1 g)</i>	2	Pinch	0.1 g