

# Low Carb chicken breast on bamboo shoots - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Chicken Breast Fillet 2</b> <i>(1 g)</i>	2	Piece	1 g
<input type="checkbox"/>	<b>Ginger</b> <i>(5 g)</i>	6	Slice	5 g
<input type="checkbox"/>	<b>Lard</b> <i>(1 g)</i>	4	Tablespoon	1 g
<input type="checkbox"/>	<b>Tomato Concentrate 30%</b> <i>(15 g)</i>	2	Teaspoon	15 g
<input type="checkbox"/>	<b>Worcestershire Sauce</b> <i>(15 g)</i>	3	Tablespoon	15 g
<input type="checkbox"/>	<b>Dark Soy Sauce</b> <i>(10 g)</i>	3	Tablespoon	10 g
<input type="checkbox"/>	<b>White Salt</b> <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	<b>Black Pepper</b> <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	<b>Red Bell Pepper</b> <i>(200 g)</i>	1	Piece	200 g
<input type="checkbox"/>	<b>Green Pepper</b> <i>(200 g)</i>	1	Piece	200 g
<input type="checkbox"/>	<b>Mung Bean Sprouts</b> <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	<b>Bamboo Shoots</b> <i>(1 g)</i>	100	Gram	1 g