



## Sesam-Hähnchen - Zutaten

|                          | NAME   | MENGE | MASS      | GESAMTGEWICHT |
|--------------------------|--|-------|-----------|---------------|
| <input type="checkbox"/> | <b>Hähnchenbrustfilet</b><br>(1 g)           | 400   | Gram      | 1 g           |
| <input type="checkbox"/> | <b>Langkorn-Braunreis</b><br>(1 g)           | 180   | Gram      | 1 g           |
| <input type="checkbox"/> | <b>Gurkensalat mit Naturjoghurt</b><br>(1 g) | 100   | Gram      | 1 g           |
| <input type="checkbox"/> | <b>Wasser</b><br>(1 g)                       | 50    | Mililiter | 1 g           |
| <input type="checkbox"/> | <b>Dunkle Sojasauce</b><br>(1 g)             | 30    | Gram      | 1 g           |
| <input type="checkbox"/> | <b>Bienenhonig</b><br>(1 g)                  | 30    | Gram      | 1 g           |
| <input type="checkbox"/> | <b>Kartoffelstärke</b><br>(1 g)              | 25    | Gram      | 1 g           |
| <input type="checkbox"/> | <b>Sesamsamen</b><br>(1 g)                   | 20    | Gram      | 1 g           |
| <input type="checkbox"/> | <b>Sesamöl</b><br>(1 g)                      | 15    | Gram      | 1 g           |
| <input type="checkbox"/> | <b>Knoblauch</b><br>(1 g)                    | 10    | Gram      | 1 g           |
| <input type="checkbox"/> | <b>Scharfe Harissa-Paste</b><br>(1 g)        | 10    | Gram      | 1 g           |
| <input type="checkbox"/> | <b>Limettensaft</b><br>(1 g)                 | 6     | Gram      | 1 g           |
| <input type="checkbox"/> | <b>Ingwerpulver</b><br>(1 g)                 | 4     | Gram      | 1 g           |
| <input type="checkbox"/> | <b>Weißes Salz</b><br>(1 g)                  | 1     | Gram      | 1 g           |



|                          | NAME                              | MENGE | MASS | GESAMTGEWICHT |
|--------------------------|-----------------------------------|-------|------|---------------|
| <input type="checkbox"/> | <b>Schwarzer Pfeffer</b><br>(1 g) | 1     | Gram | 1 g           |