



Chicken with buckwheat groats and sauerkraut - Ingredients

| | NAME | AMOUNT | UNIT | TOTAL WEIGHT |
|--------------------------|--|--------|------|--------------|
| <input type="checkbox"/> | Sauerkraut (1 g) | 200 | Gram | 1 g |
| <input type="checkbox"/> | Chicken Breast Fillet 2 (1 g) | 100 | Gram | 1 g |
| <input type="checkbox"/> | Millet Groats (1 g) | 60 | Gram | 1 g |
| <input type="checkbox"/> | Red Bell Pepper (1 g) | 60 | Gram | 1 g |
| <input type="checkbox"/> | Onion (1 g) | 30 | Gram | 1 g |
| <input type="checkbox"/> | Cold-Pressed Rapeseed Oil (1 ml) | 10 | Gram | 1 ml |