

# Lighter curry chicken with green beans and asparagus - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Green Beans</b> <i>(1 g)</i>	200	Gram	1 g
<input type="checkbox"/>	<b>Chicken Breast Fillet 2</b> <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	<b>Long-Grain Brown Rice</b> <i>(1 g)</i>	70	Gram	1 g
<input type="checkbox"/>	<b>Olive Oil</b> <i>(1 g)</i>	10	Gram	1 g
<input type="checkbox"/>	<b>Sesame Seeds</b> <i>(1 g)</i>	5	Gram	1 g

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