



Lentil Pilaf with Pineapple and Cauliflower - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Cauliflower (880 g)	0.5	Piece	880 g
<input type="checkbox"/>	Vegetable Broth (1 ml)	250	Gram	1 ml
<input type="checkbox"/>	Pineapple (1 g)	120	Gram	1 g
<input type="checkbox"/>	Onion (170 g)	0.5	Piece	170 g
<input type="checkbox"/>	Long-Grain Brown Rice (190 g)	0.5	Cup	190 g
<input type="checkbox"/>	Red Lentils, Dry Seeds (1 g)	50	Gram	1 g
<input type="checkbox"/>	Chives (1 g)	30	Gram	1 g
<input type="checkbox"/>	Cold-Pressed Rapeseed Oil (10 ml)	2	Tablespoon	10 ml
<input type="checkbox"/>	Raisins (10 g)	1	Tablespoon	10 g
<input type="checkbox"/>	Garlic (5 g)	1	Tooth	5 g
<input type="checkbox"/>	Ginger Powder (1 g)	5	Gram	1 g
<input type="checkbox"/>	Dried Coriander (4 g)	0.5	Teaspoon	4 g
<input type="checkbox"/>	Turmeric (2 g)	0.5	Teaspoon	2 g
<input type="checkbox"/>	Ground Chili Pepper (1 g)	1	Gram	1 g
<input type="checkbox"/>	White Salt (1 g)	1	Gram	1 g



	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Black Pepper (1 g)	1	Gram	1 g