



Crispy Chicken (lighter version) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Chicken Breast Fillet 2 <i>(1 g)</i>	150	Gram	1 g
<input type="checkbox"/>	Greek Natural Yogurt <i>(1 g)</i>	80	Gram	1 g
<input type="checkbox"/>	Long-Grain Brown Rice <i>(1 g)</i>	70	Gram	1 g
<input type="checkbox"/>	Gluten-Free Cornflakes <i>(1 g)</i>	30	Gram	1 g
<input type="checkbox"/>	Cold-Pressed Rapeseed Oil <i>(1 ml)</i>	10	Gram	1 ml