

Single-serve chicken goulash with vegetables and pasta - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Chicken Breast Meat, Skinless <i>(1 g)</i>	220	Gram	1 g
<input type="checkbox"/>	Onion <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	Red Bell Pepper <i>(200 g)</i>	0.5	Piece	200 g
<input type="checkbox"/>	Tomato <i>(170 g)</i>	0.5	Piece	170 g
<input type="checkbox"/>	Whole Grain Pasta <i>(1 g)</i>	60	Gram	1 g
<input type="checkbox"/>	Zucchini <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Tomato Concentrate 30% <i>(25 g)</i>	2	Tablespoon	25 g
<input type="checkbox"/>	Sour Cream 18% <i>(25 ml)</i>	2	Tablespoon	25 ml
<input type="checkbox"/>	Vegetable Broth <i>(1 ml)</i>	1	Cube	1 ml
<input type="checkbox"/>	Mustard <i>(10 g)</i>	1	Teaspoon	10 g
<input type="checkbox"/>	Cold-Pressed Rapeseed Oil <i>(5 ml)</i>	1	Teaspoon	5 ml
<input type="checkbox"/>	Garlic <i>(5 g)</i>	1	Tooth	5 g