



## Chicken with Millet & Parsley Pesto - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Chicken Breast Fillet 2</b> <i>(1 g)</i>	1	Portion	1 g
<input type="checkbox"/>	<b>Garlic</b> <i>(3 g)</i>	1	Small piece	3 g
<input type="checkbox"/>	<b>Almonds 2</b> <i>(1 g)</i>	1	Tablespoon	1 g
<input type="checkbox"/>	<b>Olive Oil</b> <i>(10 g)</i>	2	Tablespoon	10 g
<input type="checkbox"/>	<b>Millet Groats</b> <i>(13 g)</i>	4	Tablespoon	13 g
<input type="checkbox"/>	<b>Parmesan Cheese, Grated</b> <i>(4 g)</i>	1	Teaspoon	4 g
<input type="checkbox"/>	<b>Parsley Leaves</b> <i>(30 g)</i>	1	Small piece	30 g