

## Rice with fresh tomato cream - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Basmati Long Grain White Rice</b> <i>(15 g)</i>	2	Tablespoon	15 g
<input type="checkbox"/>	<b>Natural Yogurt 2%</b> <i>(25 g)</i>	1	Tablespoon	25 g
<input type="checkbox"/>	<b>Tomato</b> <i>(170 g)</i>	2	Piece	170 g
<input type="checkbox"/>	<b>Parsley Root</b> <i>(50 g)</i>	0.5	Small piece	50 g
<input type="checkbox"/>	<b>Onion</b> <i>(130 g)</i>	0.5	Small piece	130 g
<input type="checkbox"/>	<b>Carrot</b> <i>(50 g)</i>	2	Piece	50 g
<input type="checkbox"/>	<b>Olive Oil</b> <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	<b>Coconut</b> <i>(1 g)</i>	1	Teaspoon	1 g
<input type="checkbox"/>	<b>Garlic</b> <i>(5 g)</i>	1	Tooth	5 g
<input type="checkbox"/>	<b>Dried Oregano</b> <i>(2 g)</i>	0.5	Teaspoon	2 g
<input type="checkbox"/>	<b>Black Pepper</b> <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	<b>White Salt</b> <i>(0.1 g)</i>	2	Pinch	0.1 g