



Zucchini cutlets and vegetables baked with rice - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Zucchini (450 g)	0.33	Small piece	450 g
<input type="checkbox"/>	Long-Grain Brown Rice (10 g)	4	Tablespoon	10 g
<input type="checkbox"/>	Whole Chicken Eggs (L) (56 g)	1	Piece	56 g
<input type="checkbox"/>	Breadcrumbs (8 g)	1	Tablespoon	8 g
<input type="checkbox"/>	Stir-Fry Vegetables with Broccoli (100 g)	1.5	Portion	100 g
<input type="checkbox"/>	Cold-Pressed Rapeseed Oil (5 ml)	1	Teaspoon	5 ml
<input type="checkbox"/>	Sesame Seeds (10 g)	1	Tablespoon	10 g