

## Leczo with chicken, zucchini and groats - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Chicken Breast Fillet 2</b> <i>(1 g)</i>	2	Portion	1 g
<input type="checkbox"/>	<b>Millet Groats</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Tomato Concentrate 30%</b> <i>(15 g)</i>	6	Teaspoon	15 g
<input type="checkbox"/>	<b>Red Bell Pepper</b> <i>(200 g)</i>	1	Piece	200 g
<input type="checkbox"/>	<b>Zucchini</b> <i>(600 g)</i>	0.5	Piece	600 g
<input type="checkbox"/>	<b>Parsley Leaves</b> <i>(3 g)</i>	2	Teaspoon	3 g
<input type="checkbox"/>	<b>Onion</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Olive Oil</b> <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	<b>Himalayan Salt</b> <i>(0.1 g)</i>	2	Pinch	0.1 g