



Steamed bun with vegetables and chicken - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Frozen Broccoli (20 g)	5	Piece	20 g
<input type="checkbox"/>	Red Bell Pepper (200 g)	0.5	Piece	200 g
<input type="checkbox"/>	Chicken Breast Fillet 2 (1 g)	70	Gram	1 g
<input type="checkbox"/>	Fresh Mushrooms (20 g)	3	Piece	20 g
<input type="checkbox"/>	Pearl Barley Groats (1 g)	50	Gram	1 g
<input type="checkbox"/>	Onion (1 g)	30	Gram	1 g
<input type="checkbox"/>	Canned Green Peas Without Brine (1 g)	30	Gram	1 g
<input type="checkbox"/>	Sweet Chili Sauce (10 g)	1	Tablespoon	10 g
<input type="checkbox"/>	Coconut Oil (5 g)	1	Teaspoon	5 g
<input type="checkbox"/>	Butter (1 g)	10	Gram	1 g
<input type="checkbox"/>	Garlic (5 g)	1	Tooth	5 g
<input type="checkbox"/>	Chicken Seasoning (2 g)	1	Tablespoon	2 g