



Low Carb chicken breast on bamboo shoots - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Chicken Breast Fillet 2 <i>(1 g)</i>	2	Piece	1 g
<input type="checkbox"/>	Ginger <i>(5 g)</i>	6	Slice	5 g
<input type="checkbox"/>	Lard <i>(1 g)</i>	4	Tablespoon	1 g
<input type="checkbox"/>	Tomato Concentrate 30% <i>(15 g)</i>	2	Teaspoon	15 g
<input type="checkbox"/>	Worcestershire Sauce <i>(15 g)</i>	3	Tablespoon	15 g
<input type="checkbox"/>	Dark Soy Sauce <i>(10 g)</i>	3	Tablespoon	10 g
<input type="checkbox"/>	White Salt <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	Black Pepper <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	Red Bell Pepper <i>(200 g)</i>	1	Piece	200 g
<input type="checkbox"/>	Green Pepper <i>(200 g)</i>	1	Piece	200 g
<input type="checkbox"/>	Mung Bean Sprouts <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Bamboo Shoots <i>(1 g)</i>	100	Gram	1 g