



Low Carb chicken breast with curry and cauliflower - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Chicken Breast Fillet 2 <i>(1 g)</i>	2	Portion	1 g
<input type="checkbox"/>	Lard <i>(1 g)</i>	150	Mililiter	1 g
<input type="checkbox"/>	Carrot <i>(50 g)</i>	3	Piece	50 g
<input type="checkbox"/>	Cauliflower <i>(880 g)</i>	0.5	Piece	880 g
<input type="checkbox"/>	Shallot (Spring Onion) <i>(20 g)</i>	3	Piece	20 g
<input type="checkbox"/>	Olive Oil <i>(10 g)</i>	2	Tablespoon	10 g
<input type="checkbox"/>	Curry <i>(5 g)</i>	2	Teaspoon	5 g
<input type="checkbox"/>	Ground Sweet Paprika <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	White Salt <i>(0.1 g)</i>	3	Pinch	0.1 g
<input type="checkbox"/>	Black Pepper <i>(0.1 g)</i>	3	Pinch	0.1 g