



## Buckwheat with turkey breast and pan-fried vegetables - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Turkey Breast, Skinless</b> <i>(100 g)</i>	3	Portion	100 g
<input type="checkbox"/>	<b>Stir-Fry Vegetables with Broccoli</b> <i>(100 g)</i>	2	Portion	100 g
<input type="checkbox"/>	<b>Buckwheat Groats</b> <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	<b>Onion</b> <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	<b>Olive Oil</b> <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	<b>White Salt</b> <i>(0.1 g)</i>	2	Pinch	0.1 g
<input type="checkbox"/>	<b>Black Pepper</b> <i>(0.1 g)</i>	2	Pinch	0.1 g
<input type="checkbox"/>	<b>Red Bell Pepper</b> <i>(200 g)</i>	1	Piece	200 g
<input type="checkbox"/>	<b>Green Pepper</b> <i>(200 g)</i>	1	Piece	200 g
<input type="checkbox"/>	<b>Light Soy Sauce</b> <i>(10 g)</i>	2	Tablespoon	10 g