



Pork tenderloin with vegetables - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Pork Tenderloin, Raw <i>(100 g)</i>	4	Portion	100 g
<input type="checkbox"/>	Basmati Long Grain White Rice <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Zucchini <i>(450 g)</i>	1	Small piece	450 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"/>	Olive Oil <i>(10 g)</i>	2	Tablespoon	10 g
<input type="checkbox"/>	Fresh Mushrooms <i>(20 g)</i>	5	Piece	20 g
<input type="checkbox"/>	Provençal Herbs <i>(2 g)</i>	1	Teaspoon	2 g
<input type="checkbox"/>	White Salt <i>(0.1 g)</i>	2	Pinch	0.1 g
<input type="checkbox"/>	Black Pepper <i>(0.1 g)</i>	2	Pinch	0.1 g