



Pan with Asian sprouts, rice and pork tenderloin - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Tomato Juice <i>(200 g)</i>	1	Cup	200 g
<input type="checkbox"/>	Tabasco Sauce <i>(1 g)</i>	1	Portion	1 g
<input type="checkbox"/>	Boneless Pork Loin <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Whole Grain Rice <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Bamboo Shoots <i>(1 g)</i>	150	Gram	1 g
<input type="checkbox"/>	Fresh Brown Mushrooms <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Onion <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	Sesame Seeds <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	Sesame Oil 2 <i>(1 g)</i>	1	Teaspoon	1 g
<input type="checkbox"/>	Light Soy Sauce <i>(10 g)</i>	2	Tablespoon	10 g
<input type="checkbox"/>	Black Pepper <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	White Salt <i>(0.1 g)</i>	1	Pinch	0.1 g