



Turkey breast and vegetables in a pan - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Turkey Breast, Skinless <i>(100 g)</i>	2	Portion	100 g
<input type="checkbox"/>	Stir-Fry Vegetables with Broccoli <i>(100 g)</i>	2	Portion	100 g
<input type="checkbox"/>	Onion <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	Green Pepper <i>(200 g)</i>	0.5	Piece	200 g
<input type="checkbox"/>	Red Bell Pepper <i>(200 g)</i>	0.5	Piece	200 g
<input type="checkbox"/>	Light Soy Sauce <i>(10 g)</i>	1	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
<input type="checkbox"/>	Olive Oil <i>(5 g)</i>	1	Teaspoon	5 g