

Fake chicken with rice

by Anne Vogler-Tomme



This is just an excerpt which still needs to be written down better

```
1x like chicken
1x lauch
1x pilze
1x zwiebel
1x pak choi
1x Chilischote
1x Sesam

Sojasauce
Sesamöl
Agavendicksaft

Like chicken mit Mehl bestäuben vor dem braten
```

Ingredients

Ingredient	Amount
<Ingredient1>	1

Instructions

1. Cook

Nutrients

Nutrient	per 100g	Total
Energy		
Carbohydrates		
Dietary Fiber		
Sugar		
Fat		
Saturated Fat		
Trans Fat		
Cholesterol		
Sodium		
Protein		

Nutrient	per 100g	Total
Vitamin A		
Vitamin C		
Calcium		
Iron		

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