



Vegetable Omelet with Dill-Garlic Sauce - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Oat Flour (6 g)	1	Teaspoon	6 g
<input type="checkbox"/>	Whole Chicken Eggs (S) (43 g)	1	Piece	43 g
<input type="checkbox"/>	Natural Yogurt 2% (25 g)	1	Tablespoon	25 g
<input type="checkbox"/>	Cold-Pressed Rapeseed Oil (10 ml)	1	Tablespoon	10 ml
<input type="checkbox"/>	Frozen Green Peas (15 g)	1	Tablespoon	15 g
<input type="checkbox"/>	Pickled Green Olives (3 g)	1	Piece	3 g
<input type="checkbox"/>	Fresh or Dried Dill (4 g)	1	Tablespoon	4 g
<input type="checkbox"/>	Garlic (5 g)	1	Tooth	5 g
<input type="checkbox"/>	Arugula (20 g)	1	Handfull	20 g
<input type="checkbox"/>	Walnuts (4 g)	1	Piece	4 g