



Minced Meat and Spinach Pan - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Ground Beef <i>(1 g)</i>	350	Gram	1 g
<input type="checkbox"/>	Onion <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	Red Bell Pepper <i>(200 g)</i>	1	Piece	200 g
<input type="checkbox"/>	Chunky Canned Tomatoes <i>(1 g)</i>	400	Gram	1 g
<input type="checkbox"/>	Fresh Spinach 2 <i>(1 g)</i>	500	Gram	1 g
<input type="checkbox"/>	Shallot (Spring Onion) <i>(20 g)</i>	1	Piece	20 g
<input type="checkbox"/>	Olive Oil <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	Chili Flakes <i>(0.2 g)</i>	1	Pinch	0.2 g
<input type="checkbox"/>	Ground Sweet Paprika <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	Dried Marjoram <i>(4 g)</i>	1	Tablespoon	4 g
<input type="checkbox"/>	Cumin <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	Nutmeg <i>(0.2 g)</i>	1	Pinch	0.2 g
<input type="checkbox"/>	Cayenne 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