



Turkey meatballs in tomato sauce with couscous - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Ground Turkey (1 g)	100	Gram	1 g
<input type="checkbox"/>	Wheat Flour Type 550 (15 g)	1	Tablespoon	15 g
<input type="checkbox"/>	Chunky Canned Tomatoes (400 g)	0.5	Can	400 g
<input type="checkbox"/>	Tomato (170 g)	1	Piece	170 g
<input type="checkbox"/>	Carrot (50 g)	2	Piece	50 g
<input type="checkbox"/>	Couscous Groats (13 g)	4	Tablespoon	13 g
<input type="checkbox"/>	Garlic (5 g)	2	Tooth	5 g
<input type="checkbox"/>	Olive Oil (5 g)	1	Teaspoon	5 g
<input type="checkbox"/>	White Salt (0.1 g)	1	Pinch	0.1 g
<input type="checkbox"/>	Black Pepper (0.1 g)	1	Pinch	0.1 g
<input type="checkbox"/>	Dried Basil (2 g)	0.5	Teaspoon	2 g
<input type="checkbox"/>	Dried Oregano (2 g)	0.5	Teaspoon	2 g
<input type="checkbox"/>	Dried Thyme (2 g)	0.5	Teaspoon	2 g
<input type="checkbox"/>	Ground Sweet Paprika (3 g)	1	Teaspoon	3 g