



Spaghetti with vegetables and small apple tarts - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Whole Wheat Spaghetti (50 g)	1	Portion	50 g
<input type="checkbox"/>	Tomato (170 g)	1	Piece	170 g
<input type="checkbox"/>	Leek (140 g)	0.5	Piece	140 g
<input type="checkbox"/>	Tomato Concentrate 30% (25 g)	1	Tablespoon	25 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"/>	Fresh Oregano (3 g)	1	Handfull	3 g
<input type="checkbox"/>	Kohlrabi (1 g)	1	Teaspoon	1 g
<input type="checkbox"/>	Fresh Rosemary (1 g)	1	Gram	1 g
<input type="checkbox"/>	Ground Sweet Paprika (3 g)	1	Teaspoon	3 g
<input type="checkbox"/>	Whole Chicken Eggs (M) (51 g)	1	Piece	51 g
<input type="checkbox"/>	Whole Wheat Flour (15 g)	1	Tablespoon	15 g
<input type="checkbox"/>	Cow's Milk 3.2% (10 ml)	3	Tablespoon	10 ml



	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Apple (180 g)	0.5	Piece	180 g
<input type="checkbox"/>	Baking Powder (4 g)	0.5	Teaspoon	4 g
<input type="checkbox"/>	Lemon Juice (3 g)	1	Teaspoon	3 g
<input type="checkbox"/>	Cinnamon 2 (1 g)	1	Pinch	1 g