



## Chickpea and Spinach Curry - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Salt without iodine and fluorine</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Fresh Spinach 2</b> <i>(1 g)</i>	2	Handfull	1 g
<input type="checkbox"/>	<b>Lard</b> <i>(1 g)</i>	0.5	Cup	1 g
<input type="checkbox"/>	<b>Long-Grain Brown Rice</b> <i>(10 g)</i>	5	Tablespoon	10 g
<input type="checkbox"/>	<b>Onion</b> <i>(130 g)</i>	1	Small piece	130 g
<input type="checkbox"/>	<b>Garlic</b> <i>(5 g)</i>	1	Tooth	5 g
<input type="checkbox"/>	<b>Olive Oil</b> <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	<b>Curry</b> <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	<b>Cumin 2</b> <i>(0.08 g)</i>	0.5	Teaspoon	0.08 g
<input type="checkbox"/>	<b>Lemon Juice</b> <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	<b>Black Pepper</b> <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	<b>White Salt</b> <i>(0.1 g)</i>	2	Pinch	0.1 g