

Cod with spinach, lemon dill and potatoes - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Fresh Spinach 2 <i>(1 g)</i>	250	Gram	1 g
<input type="checkbox"/>	Onion <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	Potatoes <i>(75 g)</i>	3	Piece	75 g
<input type="checkbox"/>	Fresh Cod Fillets, Skinless <i>(100 g)</i>	1	Portion	100 g
<input type="checkbox"/>	Olive Oil <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	Garlic <i>(5 g)</i>	2	Tooth	5 g
<input type="checkbox"/>	Lemon Juice <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	Parsley Leaves <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	Chives <i>(2 g)</i>	1	Teaspoon	2 g
<input type="checkbox"/>	Nutmeg <i>(0.2 g)</i>	1	Pinch	0.2 g
<input type="checkbox"/>	Cumin <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	Fresh or Dried Dill <i>(2 g)</i>	1	Teaspoon	2 g
<input type="checkbox"/>	White Salt <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	Black Pepper <i>(0.1 g)</i>	1	Pinch	0.1 g