



Spaghetti Bolognese - Lactose-Free - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Tomato (400 g)	1	Can	400 g
<input type="checkbox"/>	Ground Beef (1 g)	300	Gram	1 g
<input type="checkbox"/>	Whole Grain Pasta (50 g)	1	Handfull	50 g
<input type="checkbox"/>	Onion (170 g)	0.5	Piece	170 g
<input type="checkbox"/>	Tomato Concentrate 30% (25 g)	3	Tablespoon	25 g
<input type="checkbox"/>	Cold-Pressed Rapeseed Oil (10 ml)	1	Tablespoon	10 ml
<input type="checkbox"/>	Garlic (5 g)	2	Tooth	5 g
<input type="checkbox"/>	White Salt (1 g)	1	Gram	1 g
<input type="checkbox"/>	Black Pepper (1 g)	1	Gram	1 g
<input type="checkbox"/>	Dried Oregano (1 g)	1	Gram	1 g
<input type="checkbox"/>	Dried Thyme (1 g)	1	Gram	1 g
<input type="checkbox"/>	Dried Basil (1 g)	1	Gram	1 g
<input type="checkbox"/>	Parsley Leaves (1 g)	1	Gram	1 g