

Turkey meatballs in tomato sauce with couscous - Ingredients

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