



Tomato-Basil Spaghetti with Spinach and Chicken - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Chicken Breast Fillet 2 <i>(1 g)</i>	0.5	Piece	1 g
<input type="checkbox"/>	Whole Wheat Spaghetti <i>(50 g)</i>	1	Portion	50 g
<input type="checkbox"/>	Tomato <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	Dried Tomatoes <i>(7 g)</i>	4	Slice	7 g
<input type="checkbox"/>	Fresh Spinach 2 <i>(1 g)</i>	2	Handfull	1 g
<input type="checkbox"/>	Garlic <i>(5 g)</i>	2	Tooth	5 g
<input type="checkbox"/>	Cold-Pressed Rapeseed Oil <i>(10 ml)</i>	1	Tablespoon	10 ml