

Chicken with Curry Sauce and Spinach - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Chicken Breast Fillet <i>(140 g)</i>	4	Piece	140 g
<input type="checkbox"/>	Tomato <i>(1 g)</i>	300	Gram	1 g
<input type="checkbox"/>	Fresh Spinach <i>(1 g)</i>	250	Gram	1 g
<input type="checkbox"/>	Onion <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	White Rice <i>(100 g)</i>	2	Sack	100 g
<input type="checkbox"/>	Greek Natural Yogurt <i>(1 g)</i>	150	Gram	1 g
<input type="checkbox"/>	Jalapeño Peppers <i>(30 g)</i>	1	Piece	30 g
<input type="checkbox"/>	Garlic <i>(5 g)</i>	2	Tooth	5 g
<input type="checkbox"/>	Sunflower Oil <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	Cumin 2 <i>(0.08 g)</i>	1	Teaspoon	0.08 g
<input type="checkbox"/>	Turmeric <i>(2 g)</i>	1	Teaspoon	2 g
<input type="checkbox"/>	Ginger Powder <i>(4 g)</i>	1	Teaspoon	4 g
<input type="checkbox"/>	Ground Chili Pepper <i>(4 g)</i>	1	Teaspoon	4 g
<input type="checkbox"/>	Dried Coriander <i>(1 g)</i>	2	Tablespoon	1 g