

## Salad with beef steak - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Tomato Juice</b> <i>(200 g)</i>	1	Cup	200 g
<input type="checkbox"/>	<b>Tabasco Sauce</b> <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	<b>Beef Steak</b> <i>(70 g)</i>	2	Portion	70 g
<input type="checkbox"/>	<b>Onion</b> <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	<b>Parsley Leaves 2</b> <i>(1 g)</i>	1	Teaspoon	1 g
<input type="checkbox"/>	<b>Chives</b> <i>(2 g)</i>	1	Teaspoon	2 g
<input type="checkbox"/>	<b>Butterhead Lettuce</b> <i>(210 g)</i>	0.5	Piece	210 g
<input type="checkbox"/>	<b>Olive Oil</b> <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	<b>Sherry Vinegar</b> <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	<b>White Salt</b> <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	<b>Black Pepper</b> <i>(0.1 g)</i>	1	Pinch	0.1 g

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