

# Salmon with spinach, lemon dill, and potatoes - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Fresh Spinach 2</b> <i>(1 g)</i>	250	Gram	1 g
<input type="checkbox"/>	<b>Onion</b> <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	<b>Potatoes</b> <i>(75 g)</i>	3	Piece	75 g
<input type="checkbox"/>	<b>Salmon Fillet</b> <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	<b>Olive Oil</b> <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	<b>Garlic</b> <i>(5 g)</i>	2	Tooth	5 g
<input type="checkbox"/>	<b>Lemon Juice</b> <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	<b>Parsley Leaves</b> <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	<b>Chives</b> <i>(2 g)</i>	1	Teaspoon	2 g
<input type="checkbox"/>	<b>Nutmeg</b> <i>(0.2 g)</i>	1	Pinch	0.2 g
<input type="checkbox"/>	<b>Cumin</b> <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	<b>Fresh or Dried Dill</b> <i>(2 g)</i>	1	Teaspoon	2 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

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Instant Potatoes, Prepared (with Water and Butter)</b> <i>(1 g)</i>	1	Piece	1 g