

Minced steak with rice in mushroom sauce - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Ground Pork <i>(1 g)</i>	100	Gram	1 g
<input type="checkbox"/>	Whole Grain Rice <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	Fresh Brown Mushrooms <i>(1 g)</i>	125	Gram	1 g
<input type="checkbox"/>	Olive Oil <i>(5 g)</i>	2	Teaspoon	5 g
<input type="checkbox"/>	Onion <i>(130 g)</i>	1	Small piece	130 g
<input type="checkbox"/>	Black Pepper <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	White Salt <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	Parsley Leaves <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	Wheat Flour Type 450 <i>(12 g)</i>	1	Tablespoon	12 g