



Scrambled eggs with mushrooms and pear-cinnamon cottage cheese - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Wholemeal Rye Bread <i>(30 g)</i>	1	Slice of bread	30 g
<input type="checkbox"/>	Whole Chicken Eggs (M) <i>(51 g)</i>	2	Piece	51 g
<input type="checkbox"/>	Fresh Mushrooms <i>(1 g)</i>	200	Gram	1 g
<input type="checkbox"/>	Olive Oil <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	Onion <i>(170 g)</i>	0.5	Piece	170 g
<input type="checkbox"/>	Parmesan Cheese, Grated <i>(8 g)</i>	1	Tablespoon	8 g
<input type="checkbox"/>	Parsley Leaves <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	Chives <i>(2 g)</i>	1	Teaspoon	2 g
<input type="checkbox"/>	Black Pepper <i>(0.1 g)</i>	1	Pinch	0.1 g
<input type="checkbox"/>	Pear <i>(130 g)</i>	0.5	Piece	130 g
<input type="checkbox"/>	Homogenized Full-Fat Quark Cheese <i>(1 g)</i>	125	Gram	1 g
<input type="checkbox"/>	Lemon Juice <i>(3 g)</i>	1	Teaspoon	3 g
<input type="checkbox"/>	Vanilla, Ground or Vanilla Bean Paste <i>(2 g)</i>	1	Piece	2 g
<input type="checkbox"/>	Cinnamon 2 <i>(1 g)</i>	1	Pinch	1 g



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<input type="checkbox"/>	White Salt <i>(0.1 g)</i>	1	Pinch	0.1 g