The Saheeh International Quran Translation

وَٱلْأَرْضَ مَدَدْنَاهَا وَأَلْقَيْنَا فِيهَا رَوَاسِيَ وَأَنۢبَتْنَا فِيهَا مِن كُلِّ شَيْءٍ مَّوْزُونٍ

And the earth - We have spread it and cast therein firmly set mountains and caused to grow therein [something] of every well-balanced thing.