



## Mackerel Paste Canapés with Cucumber (Lighter Version) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Red Bell Pepper</b> (200 g)	1	Piece	200 g
<input type="checkbox"/>	<b>Light Rye Bread</b> (35 g)	2	Slice of bread	35 g
<input type="checkbox"/>	<b>Pickled Cucumbers 2</b> (60 g)	1	Piece	60 g
<input type="checkbox"/>	<b>Smoked Mackerel</b> (1 g)	40	Gram	1 g
<input type="checkbox"/>	<b>Onion</b> (1 g)	30	Gram	1 g
<input type="checkbox"/>	<b>Parsley Leaves 2</b> (1 g)	2	Teaspoon	1 g
<input type="checkbox"/>	<b>Butterhead Lettuce</b> (5 g)	2	Leaf	5 g