



## Open-faced Sandwiches with Mackerel Spread and Cucumber (heavier version) - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Light Rye Bread</b> (35 g)	4	Slice of bread	35 g
<input type="checkbox"/>	<b>Pickled Cucumbers 2</b> (60 g)	2	Piece	60 g
<input type="checkbox"/>	<b>Red Bell Pepper</b> (200 g)	1	Piece	200 g
<input type="checkbox"/>	<b>Smoked Mackerel</b> (1 g)	70	Gram	1 g
<input type="checkbox"/>	<b>Onion</b> (170 g)	1	Piece	170 g
<input type="checkbox"/>	<b>Butterhead Lettuce</b> (5 g)	4	Leaf	5 g
<input type="checkbox"/>	<b>Parsley Leaves 2</b> (1 g)	2	Teaspoon	1 g