



Ham sandwiches with tomato salad and herb marinade - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Wholemeal Rye Bread <i>(30 g)</i>	3	Slice of bread	30 g
<input type="checkbox"/>	Butter <i>(10 g)</i>	0.5	Teaspoon	10 g
<input type="checkbox"/>	Cooked Pork Ham <i>(20 g)</i>	3	Slice	20 g
<input type="checkbox"/>	Fine Pickled Cucumbers <i>(1 g)</i>	2	Piece	1 g
<input type="checkbox"/>	Chives <i>(2 g)</i>	1	Teaspoon	2 g
<input type="checkbox"/>	Tomato <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	Red Onion <i>(60 g)</i>	1	Small piece	60 g
<input type="checkbox"/>	Olive Oil <i>(5 g)</i>	1	Teaspoon	5 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"/>	Coconut <i>(1 g)</i>	3	Leaf	1 g
<input type="checkbox"/>	Parsley Leaves 2 <i>(1 g)</i>	1	Teaspoon	1 g
<input type="checkbox"/>	Banana <i>(80 g)</i>	1	Small piece	80 g