

# Mackerel Paste Canapés with Cucumber (Lighter Version)

## - Ingredients

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