

## Mackerel Paste Canapés with Gherkin - Ingredients

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	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Pickled Cucumbers 2</b> <i>(60 g)</i>	2	Piece	60 g
<input type="checkbox"/>	<b>Light Rye Bread</b> <i>(35 g)</i>	3	Slice of bread	35 g
<input type="checkbox"/>	<b>Red Bell Pepper</b> <i>(200 g)</i>	1	Piece	200 g
<input type="checkbox"/>	<b>Smoked Mackerel</b> <i>(60 g)</i>	1	Piece	60 g
<input type="checkbox"/>	<b>Onion</b> <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	<b>Butterhead Lettuce</b> <i>(5 g)</i>	3	Leaf	5 g
<input type="checkbox"/>	<b>Parsley Leaves 2</b> <i>(1 g)</i>	2	Teaspoon	1 g

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