

Sandwiches with bean paste - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
☐	Red Bell Pepper <i>(200 g)</i>	0.5	Piece	200 g
☐	Fresh or Dried Dill <i>(4 g)</i>	2	Tablespoon	4 g
☐	Lemon <i>(80 g)</i>	1	Piece	80 g
☐	Olive Oil <i>(5 g)</i>	1	Teaspoon	5 g
☐	Red Beans (Canned) <i>(20 g)</i>	6	Tablespoon	20 g
☐	Wholemeal Rye Bread <i>(30 g)</i>	2	Slice of bread	30 g