

Plate Dream

Asian Carrot & Cucumber Salad – 15-Minute Flavor Fix

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Asian** Cuisine	**Salad** Course

Ingredients

Salad

- [ ] 2 large carrots, peeled and cut into thin ribbons
- [ ] 1 English cucumber, seeded and sliced into match-stick strips
- [ ] 2 tbsp toasted sesame seeds
- [ ] 1 tbsp fresh cilantro, chopped

Dressing

- [ ] 3 tbsp rice vinegar
- [ ] 2 tbsp lime juice
- [ ] 1 tbsp honey (or maple syrup for vegan)
- [ ] 1 tsp toasted sesame oil
- [ ] 1 tsp finely grated ginger
- [ ] ½ tsp salt

Instructions

1. Wash the carrots and cucumber, then slice them into thin ribbons using a peeler or mandoline.
2. Place the sliced vegetables in a large bowl and set aside.
3. In a small bowl, whisk together rice vinegar, lime juice, honey, sesame oil, grated ginger, and salt until smooth.
4. Pour the dressing over the carrots and cucumber, toss gently to coat evenly.
5. Sprinkle with toasted sesame seeds and chopped cilantro; serve immediately or chill for 5 minutes.

Nutrition per serving

120 kcal	2 g	18 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat the cucumber strips dry before mixing to keep the salad crisp.
- Adjust the honey amount if you prefer a sweeter or more tart profile.
- A pinch of red pepper flakes can add a subtle heat without overpowering the dish.