

Plate Dream

Asian Cucumber Salad – 5-Ingredient Simple Recipe

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

Ingredients

Salad

- [ ] 2 large cucumbers, thinly sliced
- [ ] 1 tsp salt
- [ ] 2 tbsp rice vinegar
- [ ] 1 tbsp soy sauce
- [ ] 1 tsp sugar
- [ ] 1 tsp sesame oil
- [ ] 1 tbsp toasted sesame seeds

Instructions

1. Slice cucumbers thinly, sprinkle with salt, toss gently, and let rest for 5 minutes.
2. Pat the cucumbers dry with a clean kitchen towel.
3. Whisk together rice vinegar, soy sauce, sugar, and sesame oil until sugar dissolves.
4. Combine cucumbers with the dressing, toss to coat, and sprinkle sesame seeds on top.

Nutrition per serving

45 kcal	1 g	6 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter profile, increase sugar by half a teaspoon.
- For extra crunch, add thinly sliced radish.
- Serve chilled for the most refreshing bite.