

Plate Dream

Easy Asian Cucumber Salad Recipe

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

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 3 tbsp rice vinegar
- [ ] 1 tbsp low-sodium soy sauce
- [ ] 1 tsp sesame oil
- [ ] 1 tsp sugar
- [ ] 1/2 tsp salt
- [ ] 1 tsp toasted sesame seeds
- [ ] 2 green onions, sliced
- [ ] 1/4 tsp red pepper flakes (optional)

Instructions

1. Wash cucumbers, slice thinly using a mandoline, then place in a colander and sprinkle with salt; let sit 5 minutes.
2. Pat cucumbers dry with paper towels to remove excess moisture.
3. In a small bowl, whisk together rice vinegar, soy sauce, sesame oil, sugar, and a pinch of salt until sugar dissolves.
4. Pour dressing over the cucumbers, toss gently to coat, then add green onions and red pepper flakes.
5. Sprinkle toasted sesame seeds on top, let the salad rest for five minutes, then serve chilled.

Nutrition per serving

45 kcal	1 g	7 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the cucumbers release water, drain before adding dressing.
- Adjust sugar to taste; a little less keeps the salad more tangy.
- For a spicy kick, increase red pepper flakes or add a dash of chili oil.