

Plate Dream

# Easy Asian Cucumber Salad

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| **10 min**<br>Prep time | **10 min**<br>Total time | **4**<br>Servings |
| **Easy**<br>Difficulty | **Asian**<br>Cuisine | |

## Ingredients

### Cucumber Base

- [ ] 2 large cucumbers, thinly sliced
- [ ] 1/2 tsp salt

### Dressing

- [ ] 3 tbsp rice vinegar
- [ ] 1 tbsp soy sauce
- [ ] 1 tsp sesame oil
- [ ] 1 tsp lime juice
- [ ] 1 tsp sugar
- [ ] 1/2 tsp red pepper flakes
- [ ] 1 tbsp toasted sesame seeds

## Instructions

1. Slice the cucumbers into thin half-moons and place them in a colander; sprinkle with salt and let sit for 5 minutes to draw out excess moisture.
2. While the cucumbers rest, whisk together rice vinegar, soy sauce, sesame oil, lime juice, sugar, and red pepper flakes in a small bowl until sugar dissolves.
3. Pat the cucumber slices dry with paper towels, then transfer to a large mixing bowl.
4. Pour the dressing over the cucumbers, toss gently to coat, and sprinkle toasted sesame seeds on top.
5. Serve immediately, chilled, or let rest for a few minutes to allow flavors to meld.

### Nutrition per serving

| 80 kcal | 2 g | 10 g | 4 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- If you prefer a sweeter profile, add an extra half teaspoon of honey.
- For extra crunch, include thinly sliced radish or carrot.
- Adjust chili flakes to taste; a pinch is enough for subtle heat.