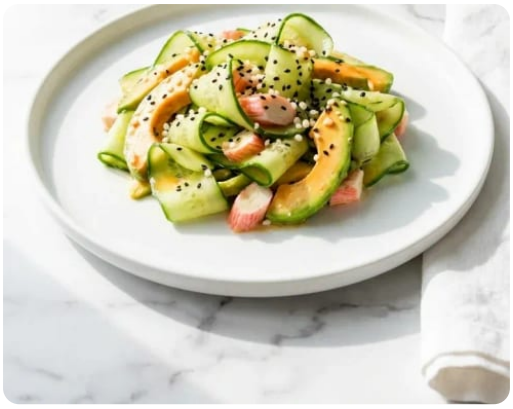


Plate Dream

Easy California Roll Cucumber Salad

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Japanese-American** Cuisine	

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 1 avocado, diced
- [ ] 8 oz imitation crab sticks, shredded
- [ ] 2 tbsp sesame seeds, toasted
- [ ] 1 tbsp rice vinegar
- [ ] 1 tsp soy sauce (low-sodium)
- [ ] 1 tsp sesame oil
- [ ] 1 tsp honey (optional)
- [ ] Pinch of sea salt

Instructions

1. Wash the cucumbers, slice them thinly on a mandoline, then place in a colander and sprinkle with a pinch of sea salt; let sit for 5 minutes.
2. In a small bowl, whisk together rice vinegar, soy sauce, sesame oil, and honey if using; this creates the gentle dressing.
3. Pat the crab sticks dry, then crumble them into the bowl with the cucumber; add the diced avocado on top.
4. Drizzle the dressing over the salad, toss lightly to coat, and finish with toasted sesame seeds. Serve immediately for the best crunch.
5. Optional: sprinkle a few thin slices of Asian cucumber salad on the side for extra tang.

Nutrition per serving

210 kcal	8 g	14 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad sits longer than 30 minutes, the cucumbers may release water; drain before serving.
- Add a splash of lemon juice for extra brightness.
- For a spicier kick, mix in a pinch of red-pepper flakes.