

Plate Dream

Japanese Cucumber Salad – Fresh & Easy Recipe

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

Ingredients

Main Ingredients

- [ ] 2 Japanese cucumbers, thinly sliced
- [ ] 1 tablespoon toasted sesame seeds
- [ ] 2 green onions, thinly sliced (optional)
- [ ] A few thin strips of nori for garnish

Dressing

- [ ] 3 tbsp rice vinegar
- [ ] 1 tbsp soy sauce (or tamari for gluten-free)
- [ ] 1 tsp sesame oil
- [ ] 1 tsp sugar
- [ ] 1 tsp finely grated ginger (optional)

Instructions

1. Wash the cucumbers, pat them dry, and slice them into thin ribbons using a mandoline or a sharp knife.
2. Place the cucumber ribbons in a bowl, sprinkle a pinch of salt, and let them sit for 5 minutes to draw out excess moisture.
3. In a separate small bowl, whisk together rice vinegar, soy sauce, sesame oil, sugar, and ginger until the sugar dissolves.
4. Drain any released water from the cucumbers, then toss them gently with the dressing until evenly coated.
5. Transfer to a serving platter, sprinkle toasted sesame seeds, sliced green onions, and optional nori strips on top.
6. Serve immediately at room temperature or chilled. Enjoy the fresh snap with any main dish.

Nutrition per serving

85 kcal	2 g	12 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter profile, add an extra half-teaspoon of sugar.
- For a hint of heat, stir in a dash of crushed red pepper flakes.
- The salad can be made ahead; keep the dressing separate and combine just before serving.