

Plate Dream

Korean Cucumber Salad – Fresh & Easy Side

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Korean** Cuisine	

Ingredients

Main Ingredients

- [ ] 2 large Persian cucumbers, thinly sliced
- [ ] 1 tsp salt
- [ ] 1 tbsp toasted sesame seeds

Dressing

- [ ] 2 tbsp rice vinegar
- [ ] 1 tsp sugar
- [ ] 1 tbsp gochugaru (Korean red pepper flakes)
- [ ] 1 clove garlic, minced
- [ ] 1 tsp sesame oil
- [ ] 1 tsp soy sauce

Instructions

1. Slice cucumbers thinly—use a mandoline if you have one. Sprinkle with salt and let rest 5 minutes.
2. In a bowl, whisk together rice vinegar, sugar, gochugaru, minced garlic, sesame oil, and soy sauce until the sugar dissolves.
3. Pat cucumbers dry with a paper towel, then place in a large mixing bowl.
4. Pour the dressing over the cucumbers, toss gently to coat evenly.
5. Scatter toasted sesame seeds on top and serve immediately or chill for 10 minutes.

Nutrition per serving

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

Tips & notes

- If you prefer more heat, double the gochugaru.
- For a sweeter note, add a touch more honey or agave.
- Should the cucumbers release excess water, drain before dressing.