Plate Dream

Korean Cucumber Salad - Spicy Tik Tok Style

A bright, tangy cucumber salad with Korean pepper flakes and a splash of sesame oil.

10 min	10 min	4	Easy	Korean	Salad
Prep time	Total time	Servings	Difficulty	Cuisine	Course

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 1 teaspoon salt
- [ ] 1 tablespoon gochugaru (Korean chili flakes)
- [ ] 1 clove garlic, minced
- [ ] 2 teaspoons rice vinegar
- [ ] 1 teaspoon sugar
- [ ] 1 tablespoon sesame oil
- [ ] 1 teaspoon toasted sesame seeds (optional)

Instructions

1. Slice the cucumbers thinly, place them in a bowl, sprinkle with salt, and let sit for 5 minutes. This draws out excess water.
2. Meanwhile, whisk together gochugaru, minced garlic, rice vinegar, sugar, and sesame oil in a small jar.
3. After the cucumbers have released water, pat them dry with a clean kitchen towel and transfer to a serving bowl.
4. Pour the dressing over the cucumbers, toss gently, and sprinkle with toasted sesame seeds if using. Let rest for 2–3 minutes before serving.

Nutrition per serving

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

> **Tips & notes**
> - If you prefer less heat, start with half the gochugaru and adjust.
> - For a sweeter balance, add a pinch more sugar or a drizzle of honey.
> - A quick splash of soy sauce can deepen umami without overwhelming the crispness.