

Plate Dream

Tangy Spicy Thai Cucumber Salad – Quick & Healthy

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

Ingredients

Salad

- [ ] 2 large cucumbers, thinly sliced
- [ ] 1/4 red onion, thinly sliced
- [ ] 1 small carrot, julienned
- [ ] 1 handful fresh cilantro, chopped
- [ ] 2 tbsp roasted peanuts, crushed

Dressing

- [ ] 3 tbsp lime juice
- [ ] 2 tbsp fish sauce (or soy sauce for veg)
- [ ] 1 tsp palm sugar (or brown sugar)
- [ ] 1-2 Thai bird's eye chilies, finely minced
- [ ] 1 tsp toasted sesame oil (optional)

Instructions

1. Wash cucumbers and slice them as thin ribbons; place them in a large bowl.
2. Add the sliced red onion, carrot julienne, and chopped cilantro to the cucumbers.
3. In a separate bowl, whisk together lime juice, fish sauce, palm sugar, minced chilies, and sesame oil until the sugar dissolves.
4. Pour the dressing over the vegetables, toss gently, then sprinkle crushed peanuts on top.
5. Let the salad rest for 5 minutes before serving to allow flavors to mingle.

Nutrition per serving

120 kcal	3 g	14 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat the cucumber slices dry after slicing to keep the salad crisp.
- Adjust the amount of sugar to suit your preference for sweetness.
- Feel free to add a splash of rice vinegar for extra brightness.