

Helergon Kitchen

Cucumber Carrot Salad – Quick & Simple

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

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 2 medium carrots, julienned
- [ ] 1/4 red onion, thinly sliced
- [ ] 2 tbsp fresh dill, chopped

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp freshly squeezed lemon juice
- [ ] 1 tsp honey
- [ ] 1/2 tsp sea salt
- [ ] 1/4 tsp black pepper

Instructions

1. Wash the cucumbers and carrots, then pat them dry; slice the cucumbers thinly and julienne the carrots.
2. Place the sliced vegetables in a large bowl and add the thin red onion slices.
3. In a small bowl, whisk together olive oil, lemon juice, honey, salt, and pepper until emulsified.
4. Pour the dressing over the vegetables, toss gently to coat evenly.
5. Finish with fresh dill and, if desired, a sprinkle of toasted sesame seeds; serve chilled.

Nutrition per serving

120 kcal	2 g	10 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the cucumber releases water, lightly salt the slices and let them sit for 5 minutes, then drain.
- Adjust the honey level to taste; you may prefer it less sweet on a hot day.
- For a spicy twist, drizzle a tiny bit of sriracha over the finished salad.