

Helergon Kitchen

Cucumber Vinegar Salad – Easy Swedish Style

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

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 1/4 cup white wine vinegar
- [ ] 2 tbsp sugar
- [ ] 1 tbsp olive oil
- [ ] 1 tsp lemon juice
- [ ] 2 tbsp fresh dill, chopped
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Wash cucumbers, slice them thinly (about 1/8-inch) using a sharp knife; place slices in a large bowl.
2. In a small bowl whisk together vinegar, sugar, olive oil, lemon juice, salt, and pepper until the sugar dissolves.
3. Pour the dressing over the cucumber slices, toss gently, and let the mixture sit for 5-10 minutes so the flavors meld.
4. Stir in fresh dill just before serving, adjust seasoning if needed, and serve chilled.

Nutrition per serving

85 kcal	2 g	9 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter profile, add an extra teaspoon of sugar.
- For extra zing, a pinch of mustard seeds can be mixed into the brine.
- Use a slotted spoon to lift the salad, leaving any excess liquid behind.