

Helergon Kitchen

Easy Asian Cucumber Salad

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

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 2 tbsp rice vinegar
- [ ] 1 tbsp soy sauce
- [ ] 1 tsp sesame oil
- [ ] 1 tsp lime juice
- [ ] 1 tsp honey
- [ ] 1 tbsp toasted sesame seeds
- [ ] Pinch red pepper flakes (optional)

Instructions

1. Wash cucumbers, trim ends, and slice them into thin ribbons using a mandoline or a sharp knife.
2. In a small bowl, whisk together rice vinegar, soy sauce, sesame oil, lime juice, and honey until smooth.
3. Place sliced cucumbers in a large mixing bowl, sprinkle a pinch of salt, toss gently, and let sit for 3 minutes.
4. Drain any excess water, then pour the dressing over the cucumbers and toss to coat evenly.
5. Finish with toasted sesame seeds and red pepper flakes, then serve immediately or chilled.

Nutrition per serving

65 kcal	2 g	10 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- If cucumbers release a lot of moisture, pat them dry with paper towels before dressing.
- Adjust sweetness by adding more or less honey to suit your taste.
- For extra crunch, add a handful of sliced peanuts just before serving.