

Helergon Kitchen

Korean Cucumber Salad – Spicy TikTok Style

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

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 1 tsp salt

Dressing

- [ ] 1 tbsp gochugaru (Korean chili flakes)
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp rice vinegar
- [ ] 1 tsp sugar
- [ ] 1 tbsp soy sauce
- [ ] 1 tsp sesame oil
- [ ] 1 tsp toasted sesame seeds

Instructions

1. Slice the cucumbers thinly, sprinkle with salt, and let sit for 5 minutes; then pat dry with a clean towel.
2. In a bowl, whisk together gochugaru, minced garlic, rice vinegar, sugar, soy sauce, and sesame oil until the sugar dissolves.
3. Add the dried cucumber slices to the dressing, toss gently until evenly coated.
4. Let the salad rest for 5-10 minutes, then sprinkle with toasted sesame seeds and a quick drizzle of extra sesame oil.
5. Serve chilled or at room temperature; enjoy the crisp bite and gentle heat.

Nutrition per serving

45 kcal	1 g	6 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the cucumbers release too much water, add a pinch more salt and let them drain longer.
- Adjust the amount of gochugaru to control spiciness.
- A squeeze of fresh lime juice just before serving brightens the flavors.