

Helergon Kitchen

Spicy Cucumber Salad – Quick & Simple Recipe

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

Ingredients

Salad

- [ ] 2 large English cucumbers, thinly sliced into ribbons
- [ ] 1 teaspoon red chili flakes
- [ ] 1 tablespoon toasted sesame seeds
- [ ] 2 tablespoons fresh cilantro, chopped

Dressing

- [ ] 3 tablespoons rice vinegar
- [ ] 2 teaspoons lime juice
- [ ] 1 teaspoon sesame oil
- [ ] 1/2 teaspoon sugar (optional)
- [ ] Pinch of sea salt

Instructions

1. Wash and trim the cucumbers, then slice them into thin ribbons using a mandoline or a sharp knife.
2. In a small bowl, whisk together rice vinegar, lime juice, sesame oil, chili flakes, sugar (if using), and a pinch of salt.
3. Place the cucumber ribbons in a large mixing bowl, pour the dressing over them, and toss gently until evenly coated.
4. Sprinkle toasted sesame seeds and chopped cilantro on top; let the salad rest for 5-10 minutes before serving.

Nutrition per serving

45 kcal	1 g	7 g	2 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If the cucumbers release a lot of water, pat them dry before dressing.
> - Adjust lime juice to taste for brighter acidity.
> - For a crunchier texture, add a handful of unsalted peanuts just before serving.