

Choco Fever Dream

Asian Cucumber Salad – Easy Fresh Snack

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

Ingredients

Salad

- [ ] 2 large cucumbers, thinly sliced
- [ ] 1 carrot, julienned (optional)
- [ ] 2 tbsp toasted sesame seeds

Dressing

- [ ] 3 tbsp rice vinegar
- [ ] 1 tbsp soy sauce
- [ ] 1 tsp sesame oil
- [ ] 1 tsp honey
- [ ] 1 clove garlic, minced
- [ ] Juice of 1/2 lime
- [ ] Pinch of red pepper flakes (optional)
- [ ] Salt to taste

Instructions

1. Slice the cucumbers into thin ribbons using a mandoline or a sharp knife; place in a large bowl.
2. In a small bowl, whisk together rice vinegar, soy sauce, sesame oil, honey, minced garlic, lime juice, and a pinch of salt until the honey dissolves.
3. Pour the dressing over the cucumber ribbons, toss gently, and let it rest for 5-7 minutes so the flavors meld.
4. Just before serving, sprinkle toasted sesame seeds and, if you like a little heat, a pinch of red pepper flakes.
5. Serve chilled or at room temperature; it pairs wonderfully with grilled fish or as a light snack on its own.

Nutrition per serving

85 kcal	2 g	12 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the cucumbers are very watery, sprinkle a little salt and let them sit for 5 minutes, then pat dry.
- Adjust the honey for a sweeter or more tart profile, depending on your taste.
- For extra freshness, add a handful of chopped cilantro or mint just before serving.