

Choco Fever Dream

Cucumber Carrot Salad Recipe

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**Mediterranean** Cuisine	**Salad** Course

Ingredients

Salad

- [ ] 2 medium cucumbers, thinly sliced
- [ ] 2 large carrots, peeled and julienned
- [ ] 1/4 red onion, thinly sliced
- [ ] 2 tbsp fresh cilantro, chopped
- [ ] 1 tbsp sesame seeds

Dressing

- [ ] 3 tbsp olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp honey (optional)
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Wash the cucumbers and carrots. Peel the carrots, then slice the cucumbers and carrots into thin match-stick strips.
2. In a small bowl, whisk together olive oil, lemon juice, honey (if using), salt, and pepper until emulsified.
3. Place the sliced cucumber, carrot, and red onion in a large mixing bowl. Sprinkle with cilantro.
4. Drizzle the dressing over the vegetables, toss gently to coat, and finish with a sprinkle of sesame seeds.
5. Serve immediately, or chill for 15 minutes for extra refreshment.

Nutrition per serving

120 kcal	2 g	12 g	8 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 to balance the acidity if you prefer a sweeter profile.
- For a nut-free version, omit sesame seeds or replace with toasted pumpkin seeds.